

## Target Audience

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Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This course has been developed to improve the understanding of Anxiety and Panic attacks and how they affect the individual's experience of living with these disorders. We will look at how to support someone who has a diagnosis and the myths and stereotypes surrounding these.

**This course is delivered using a range of methods and resources including:**

- ◆ Live tutor facilitation, interactive polls, questionnaires and drawing tools, scenarios for breakout groups, questioning and participation and an end of session assessment

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ The Government document - No Health without Mental Health
- ◆ Skills for Care - The Common Core Principles to support good mental health and wellbeing in adult social care

## Course Content

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- ◆ What is anxiety?
- ◆ Symptoms of anxiety
- ◆ Causes of anxiety
- ◆ Different anxiety disorders
- ◆ What is a panic attack?
- ◆ Treatment options available
- ◆ Supporting a person with anxiety/panic disorders

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Explain what anxiety is
- ◆ Describe the symptoms of anxiety
- ◆ Explain the causes of anxiety
- ◆ List the different anxiety disorders
- ◆ Explain what a panic attack is
- ◆ Describe the treatment options available
- ◆ Describe ways of supporting a person with anxiety/panic disorders

**Duration: 3 Hours**