

In partnership with:



FAQs

Understanding Depression – Learning From Lived Experience

Q: Are there specific times for the course?

A: The course is run over 4 weeks and requires 2 hours of your time. You can login and participate whenever it suits you! The weekly content is pre-recorded for you to engage with and you may choose to spread this time commitment over the entirety of the week.

Q: What are the topics?

A: The weekly content features stories about people sharing their lived experience of depression, highlighting what led to the depression and what helps keep them well.

Q: Do the course steps have to be completed within the week the topics are released?

A: The learning activities each week are directly linked to the pre-recorded content. The learning activities are run through discussion groups where you can participate in a community of practice with other peers in the course. We do recommend that participants try to keep up with the weekly topics to engage in the group discussions in real-time, but we do keep the course open for a fifth week in case some people need to catch up (we understand life can be busy!).

Q: Will it be facilitated?

A: The role of the facilitator is to oversee the content delivery and learning activity responses. These are drawn together via videos at the beginning and end of each weekly topic, along with written discussion posts also.

Q: Does the course provide counselling?

A: No, the course is educational and not therapeutic in nature. If you require support, we encourage you to contact Lifeline, Beyond Blue or your GP who can provide a mental health care plan to access counselling support.

*If you or anyone you know needs help, you can speak to a trained mental health professional by calling **Beyond Blue on 1300 224 636**.*

*If it feels like things are getting out of control, for immediate support call **Lifeline on 13 11 14**.*

*If there is immediate risk of harm to yourself or others, always call **triple zero (000)**.*

If you are residing outside of Australia and accessing this course, if you or anyone you know needs help, please contact your local medical practitioner or mental health support lines.

Q: Can I share my personal lived experiences in the course?

A: Yes we encourage healthy and appropriate self-disclosure in the forums. Please be mindful disclosing sensitive information as it could affect other participants.

Q: Are there age restrictions ?

A: This course is designed for adult participants. The language, content and resourcing used in the course are specific to adults and not for a younger audience.

Q: What's the course set up look like? I.e will we be taking notes/ access to presentations

A: The course is split in to four topics. Each week there are a number of videos prerecorded for the learner to view. At the end of the topic, the learner is asked to complete learning activities. The learning activities are based around self reflection and group discussions. The learner will engage with other peers in the course each week as the topics are discussed. It is expected also that the suggested activities and resources will begin to challenge your own values, beliefs and bias that might play a role in forming your initial perspectives about depression.