



FREE WORKSHOP

ANXIETY AND DEPRESSION

Anxiety and depressive disorders are the most common mental health conditions in the United States. Before the COVID-19 pandemic, prevalence for anxiety and depressive disorders was around 23 percent for women, and around 14 percent for men. Since COVID-19, these rates have increased. Anxiety produces tension, worry, and physiological reactivity, while depression causes clinically significant distress, sadness, and dysfunction that interferes with an individual's day-to-day activities. Because anxiety and depressive disorders are typically co-morbid, this training will focus on the etiology, diagnosing, and treatment of both anxiety and depressive disorders.

OBJECTIVES

1. At the end of this training, participants will have a basic understanding of the etiology and physiology of anxiety and depressive disorders.
2. At the end of this training, participants will have a basic understanding of how to diagnose the major anxiety and depressive disorders.
3. At the end of this training, participants will have a basic understanding of the latest mental health treatments for anxiety and depressive disorders.

CONTACT

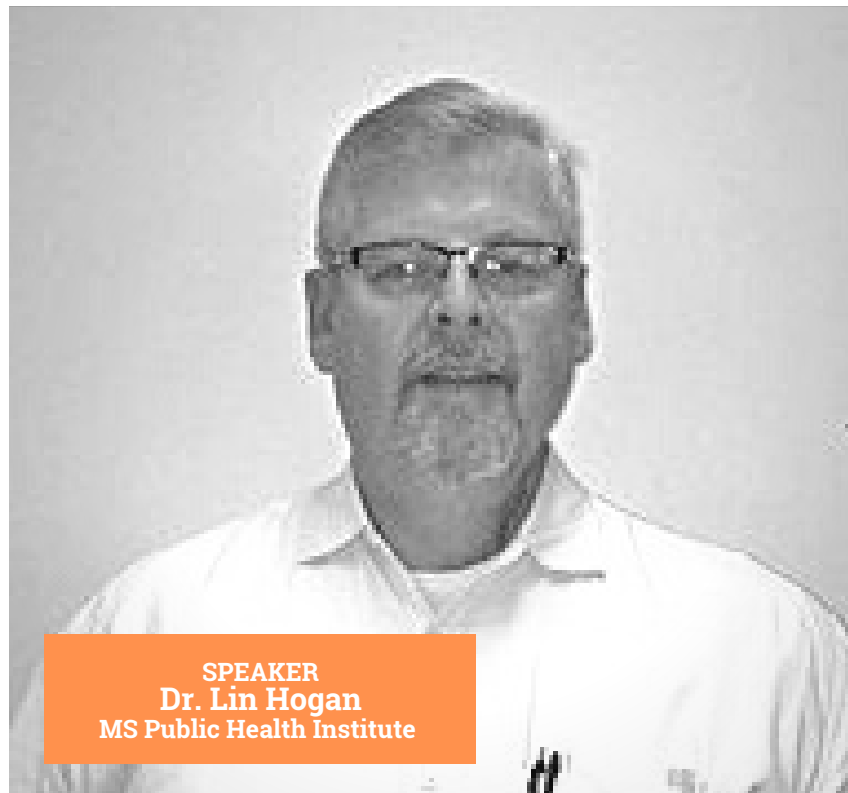
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SPEAKER
Dr. Lin Hogan
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