

Certificate Number: [AC-7411-56774869](#)

This is to certify that the management of Alison awarded Rosalia Moreno Ortuño the certificate of completion in Understanding and Managing Depression under the category Health on 26th February 2026.

Validation: You can check authenticity of this certificate by visiting the following link:  
<https://alison.com/es/verificar/0b4d4d1ddc>

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## Certificate Details

Understanding and Managing Depression

[Score: 80]

## Course Details

This course offers a thorough exploration of depression, designed to provide you with a comprehensive understanding of this common mental health condition and its pervasive impact on daily life. Beginning with a clear explanation of what depression is, you will learn how it differs from normal sadness and explore its various symptoms. You'll delve into the different types of depression, such as major depressive disorder, persistent depressive disorder, seasonal affective disorder, and postpartum depression, gaining valuable insight into their unique characteristics and the factors that contribute to their onset. Building on this foundation, the course will then equip you with practical self-help strategies to manage the symptoms of depression effectively. You will explore evidence-based techniques, including the importance of establishing a routine, engaging in regular exercise, prioritising a healthy diet, and ensuring sufficient sleep. Furthermore, you will get an understanding of when and how to seek professional support, learn how to navigate the process of accessing help and understand different therapy options.

*Maeve Richardson*

Director of Certification





# Alison

Academic Transcript

## Modules Studied

Understanding Depression

Coping With Depression

Course assessment

*Maeve Richardson*

Director of Certification

