



New Self Help Group For people who experience depression

Starting on the 28th November 2011

**Do you find it
difficult for people to
understand how your
depression feels ?**

**Would you like to
be able to talk to
people who have
experience of
depression too?**

**Do you
suffer with
depression?**

Many people find it helpful to talk to others who feel the same as they do. You can find new ways to cope, give and receive support. Self help groups aspire to be run by their own members with support as required. If you are living with depression and would like to come together with others who have experience of depression please get in touch:

Ask for Emma or Nagheena

Telephone: 01384 442938

Or email: enquiries@dudleymind.org.uk