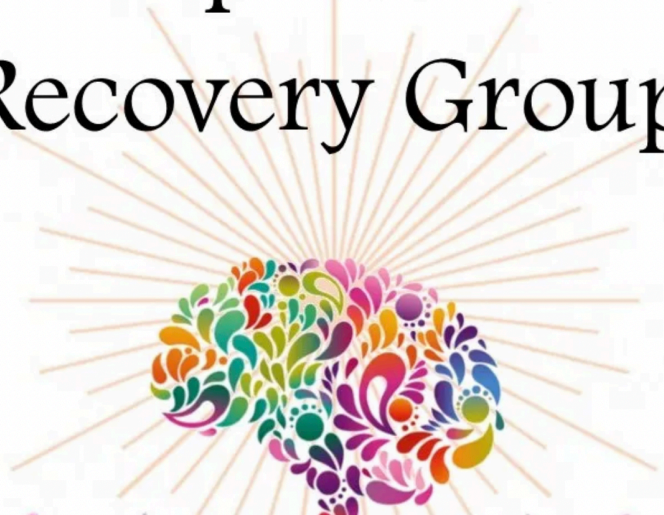


# Depression Recovery

**Thursday 11:00 - 12:30**

**Moorland House, Bark Street, BL1 2AX**

## Depression Recovery Group



### Do you need support?

Do you feel alone? Are anxiety and depression taking over? Come along and join!

Contact: [christine.makinson@mhlist.co.uk](mailto:christine.makinson@mhlist.co.uk) or 01204527200

This group offers support to our members in a supportive manner. It is predominantly males whom discuss how to cope with depression and the recovery. Members of Depression Recovery will often bounce ideas off of one another and discuss their weeks; the ups and the downs, ensuring every member has the chance to speak if they wish.

**1**

#### HAVE A BREW

Come in, get comfortable and have a drink!

**2**

#### CHECK IN

We have a weekly check in to speak to each group member individually.

**3**

#### GROUP TOPIC

We will discuss a topic of choice such as coping with anxiety or living with depression.



#### Group Setting

By having a group setting, people relate and support one another.



#### Have A Brew

Tea, coffee, milk and sugar is available for all members.



#### WhatsApp

We have a WhatsApp group for all members to chat outside of group times.

