



- **Do you know, love or care for someone experiencing depression?**
- **Did you know those who love, care for or support people with depression can experience significant stress and are themselves at greater risk of developing mental health problems?**
- **Would you be interested in finding out more about a program shown to be effective in supporting the partners, family members and friends of people with depression?**

Partners in Depression is a FREE six week group program that aims to address the information and support needs of those who live with or love someone experiencing depression.

The program covers a range of topics including:

- What is depression
- Treatments for depression
- Suicidality and self harm
- How do you best support someone with depression
- Communication strategies

The program is run by health professionals and provides a forum in which to receive information and ask questions about depression and your support role, with others with similar experiences.

Partners in Depression is now available in your local area – register your interest today !

CONDOBOLIN DATE: 10:00 -12pm – Commencing MON 6 June 2011

Condoblin VENUE: Condoblin Community Centre, Corner Bathurst & Denison Sts. , Condoblin

LAKE CARGELLIGO DATE: 10:30 -12pm - Commencing TUES 7 JUNE 2011

Lake Cargelligo VENUE: Lake Cargelligo Sports Club – 1 Walker St , Lake Cargelligo

Facilitators: Cherie Crothers & Alison Stuckey **Cost: FREE !**

Register your interest: Alison 0447 481248 or Cherie on 0428 031817

PLEASE LET US KNOW IF YOU REQUIRE TRANSPORT TO THE VENUE

A mental health initiative of



National roll-over funded by



www.partnersindepression.com.au