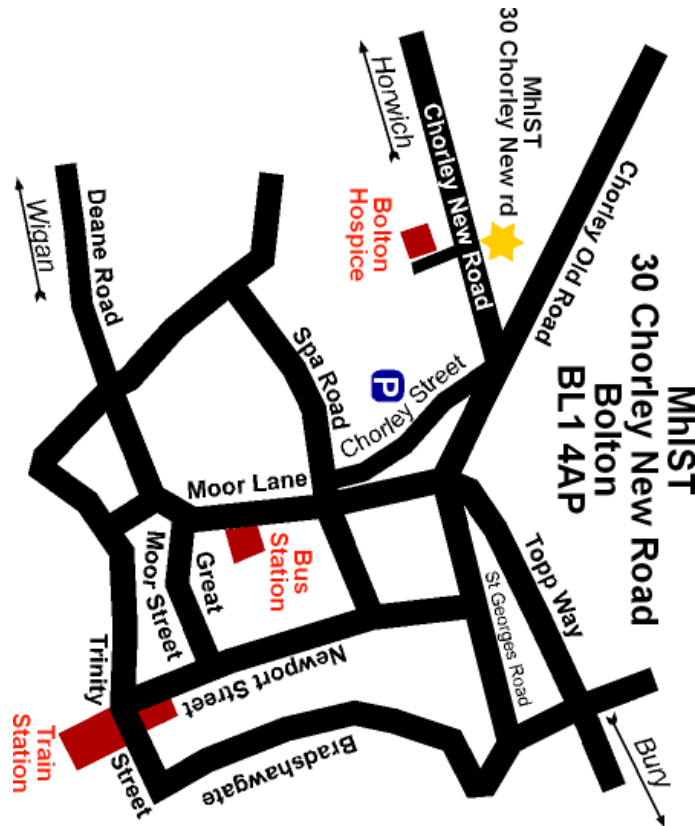


Contact us at:

M.h.I.S.T.
30 Chorley New Road
Bolton
BL1 4AP

01204 527200
www.mhist.co.uk

Our location



MhIST
Mental Health Independent Support Team



The Depression Group meets at MhIST
Every Friday afternoon
12:30pm until 2:00pm
and
Crompton Way Health Centre
Room G50
Every Thursday
1:00pm until 3:00pm

Other services which M.h.I.S.T.
provides are:

- O.C.D. support group
- Self harm support group
- Counselling
- Mental Health Advocacy
- Craft and Social Afternoon
- Bipolar Self help group
- Reiki Therapy
- Volunteering opportunities
- Smart Recovery, abstinence support and maintenance
- Internet access and information

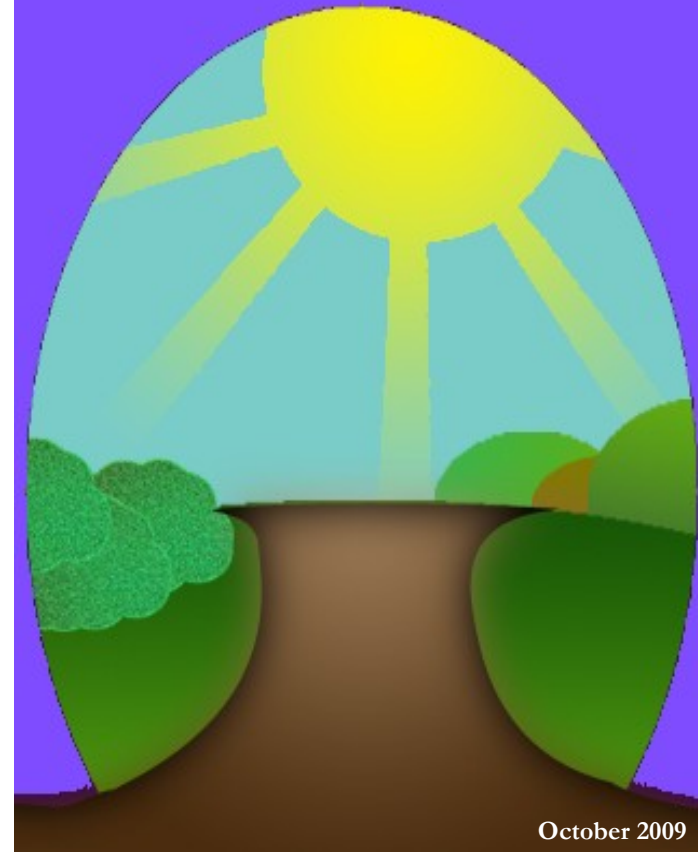
Please phone us or drop in
for further information.

01204 527200

Our office is open weekdays from
10:00am to 1:00pm

MhIST is a registered charity number 1041505 and is registered in Cardiff
as a company limited by Guarantee No. 4128980

Self Help Depression Group



October 2009

What is depression?

The feeling of depression is much more powerful unpleasant than the short episodes of unhappiness that we all experience from time to time.

It goes on for much longer.

It can last for months rather than days or weeks.

If you are experiencing severe or 'clinical' depression you are not just sad or upset.



The experience of depression is an overwhelming feeling which can make you feel unable to cope and hopeless about the future.

How does depression affect a person?

Most people with depression will not have all the symptoms listed here, but most will have at least three or four.

- Stress
- Poor motivation
- Poor concentration
- Lack of interest in the things you use to enjoy
- Change in appetite
- Low self esteem
- Lack of confidence
- Loss of feeling
- Seasonal Affective Disorder (low moods in autumn and winter)
- Lack of energy
- Social withdrawal



What is a self help Depression Group?

An informal group which supports people who suffer from depression. It provides an understanding and caring environment in which sufferers can explore their depression, how it affects their lives and those around them.

Comments from within the group

"Being supportive, a nice atmosphere, as soon as you walk in you feel welcome"

"Nice to know that there is someone here I can talk to"

"Before I came I felt I was the only one with these symptoms"

"Felt it gave me a light at the end of the tunnel"