

- **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!

Session Dates: Wednesdays 3rd August- 7th September Inclusive.
Session Times: 10:30am – 12:30pm
Venue: Portland WorkSkills Shop 14 Pioneer Plaza
Facilitators: Beth Carty & Suzi Stropin
Cost: FREE
Registrations: Close on Thursday 28th July
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