



- **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 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.

Details

- Session Dates:** Wednesday 29th February 2012, 6-8pm (6 week program)
- Venue:** Latrobe Community Health Service, Traralgon
Cnr Seymour St & Princes Hwy
- Facilitators:** Lynne and Amanda
- Cost:** Free
- Register your interest:** 1800 242 696
- Respite is available – please contact 1800 059 059**



A mental health initiative of



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www.partnersindepression.com.au