Has “ONE OF THOSE DAYS” become every day?

You feel

It’s possible you are experiencing depression, this is not something to be afraid of ashamed of.

Depression affects 1 in 4 people

The good news is that it is treatable.

Early intervention provides the greatest opportunity for a full recovery and will get you back to feeling 😊😊😊!

If these feelings go on and start affecting your ability to cope with daily life, are leading to stress in your relationships or you are turning to substances like drugs and alcohol to ‘get through the day’ - you should talk to someone about it.

If you don’t know who, then come and talk to us.

OPEN HOUSE: APPOINTMENT ONLY

0784 845 294

FRIENDSHIP BENCH®