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- 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: 24th February, 2nd, 9th, 16th, 23rd, 30th March 2012

Times: 10 am – 12 noon

Venue: Carer Assist Office, 438 Burwood Road, Belmore

Facilitators: Jenny Erskine (Carer Assist) and Jane Massa (Sydney Local Health District)

This program is free of charge but you must register. Would you like someone to look after your partner while you attend the course? Please ask about free respite care while attending.

To register your interest please call Carer Assist Belmore: 9750 9744

MORNING TEA PROVIDED AND LUNCH ON 30TH MARCH.



A mental health initiative of



National roll-over funded by



www.partnersindepression.com.au