

DEALING WITH LOW MOOD AND DEPRESSION

A two session online course on
Fridays 15 and 22 March 2024, 11:30am-1pm



Depression or low mood can happen to anyone and affects many people at some time in their lives.

How we think and what we do affects the way we feel. On this course you will learn about the common feelings and thinking patterns experienced in depression.

We will look at the impact depression can have on our lives and explore different strategies to cope with depression, looking at your own strengths and the resources you already have in your life which can help you deal with your depression.

How to enrol

Register online <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more 0203 317 6904 recovery.college@candi.nhs.uk