

WHAT'S GOING ON IN DEPRESSION?

*Led by Dr Martin Brunet,
GP at Binscombe Medical Centre*



on Saturday 29th September 2018

10 am – 12 midday

(coffee available from 9.30 am)

**at Godalming Baptist Church,
Queen Street, Godalming, Surrey GU7 1BA**

*Please join us for this informative and helpful morning,
which will aim to cover the following points:*

- Why is it that many people who get depressed find themselves thinking 'but I'm not the sort of person who gets depressed!'?
- How is depression different to just being fed up?
- What is burnout?
- How do I get better from depression?
- How do I support someone who is depressed?
- What is the role of medication?
- What are the downsides of medication?
- How does counselling fit in?

**If you have any queries, please contact
Sally Pollard, email: pollard3@hotmail.co.uk, or Janet Fry: janetfry1@gmail.com**

PLEASE NOTE:

This session is free of charge, but you will be invited to take the opportunity to give a voluntary donation, towards the Farncombe Community Garden Project - a new and exciting project to bring all the health benefits of community gardening to Farncombe