

Depression Alliance

Reg Charity No. 1096741

35 Westminster Bridge Road
London
SE1 7JB

Tel: 020 7633 0557

Email: information@depressionalliance.org
www.depressionalliance.org

Useful Telephone Numbers

The Samaritans

0345 90 90 90

Woking Community
Mental Health Team
-Bridgewell House-
01483 756318

CornerHouse
01483 757461

Open Door Counselling Service
01483 224752

Woking Accord Social Group
01483 757461

Woking MIND
01483 766998

Eating Disorder Support Group
01483 757461

Rape/Sexual Abuse Support Centre
01483 546400

Shifa - Asian Women's MH Group
07795430517

This leaflet was produced with
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**Woking Mental Health Resource
Centre Limited**

Thank you!

Depression Support Group

- Woking -

Tel: 01483 757461

info@dsg-woking.org.uk
www.dsg-woking.org.uk

DSG-Woking

CornerHouse

2 Courtenay Road
Woking • Surrey • GU21 5HQ



DepressionAlliance

*DSG-Woking is a member of the
Depression Alliance groups network*

Depression Alliance is the leading UK charity for people affected by depression.

DA runs a network of self-help groups throughout the UK. These groups provide a forum where people affected by depression can meet to share experiences and coping strategies with others in similar situations.

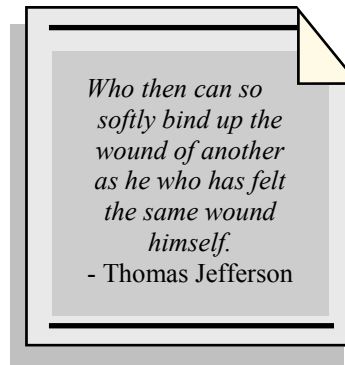
Meetings are not the same as therapy (although they do have therapeutic value) but many people find that they gain much from the support and understanding of fellow members.

A local self-help group for people suffering from depression was first established for Woking in 1997.

Membership of Depression Alliance is **not** required to attend these informal self-help group meetings.

If you are interested in coming along, or would like further details or information then please call:

01483 757461



The Group aims to provide...

- ✓ A safe place in which to be listened to with respect and understanding, and in confidence.
- ✓ An opportunity for emotional, practical and social support.
- ✓ A chance to share information, experiences and perceptions with fellow sufferers.

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What we do...

The group currently meets weekly from 7:00-9:00pm at CornerHouse, No.2 Courtenay Road, Woking, GU21 5HQ.

The group is free, confidential and open to anyone affected by depression.

Tea and coffee are available, as are 'comfy' chairs in a friendly and informal setting.

Respect is shown to members who are unwilling or unable to talk, and nobody is forced to 'join in'.

It can be difficult to go to a group if you are feeling low, but anyone is welcome to bring a friend or relative with them.

The group also arranges evenings with guest speakers talking on various mental health and related general health topics.

Occasional social evenings and outings are also arranged.

...Join us !!!!!