

Opening times: every Tuesday 7pm–9pm

Depression Support Group

CornerHouse
2 Courtenay Road
Woking Surrey GU21 5HQ
email: info@dsg-woking.org.uk
website: www.dsg-woking.org.uk

For more information phone
01483 757461

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.

Depression Self-help groups provide a forum where people who are affected by depression can meet to share experience and coping strategies with others in similar situation.

Groups aim to provide mutual support and understanding in a non-judgmental and confidential environment.

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.



DepressionAlliance

Member of the Depression Alliance groups network