



PRESS RELEASE 20/05/09

Cardiff based mental health charity Journeys has been awarded runner up in the Prince's Foundation Integrated Health Awards for their groundbreaking Depression Busting™ course.

Depression Busting™ is an 8 week programme that aims to provide people affected by depression with the information, skills and strategies they need to take control of their lives and overcome the condition.

Depression Busting™ was developed by people with a personal experience of depression, based on the premise that there is no single 'fix' to beat the illness. It explores the potential benefits and limitations of currently available treatments, as well as practical changes that can be made such as diet, sleep, activity, combating negative thoughts, and relaxation. Making such changes to your lifestyle can be extremely difficult, especially when you're depressed. This is one of the many strengths of the Depression Busting™ course: that the group works together to encourage and support each other in making these changes. The trainers who deliver the course provide the participants with positive role models as they also have experience of depression and have used self-help strategies as part of their recovery.

Journeys' trainers know that participating in Depression Busting™ makes a real difference to people's lives. Helen Robinson who recently delivered a course in Cardiff, said: "Delivering the Depression Busting training was quite a profound experience. You can visibly see the positive change in people from week to week. Then, at the end, when they tell you the impact the course has had on their lives, it really is quite moving."

Depression is a serious illness that is often long-term and can be life threatening. Most people who seek help from their GP are offered antidepressants or a place on a waiting list for talking therapies. Depression Busting™ offers an alternative approach that takes the person as a whole and their lifestyle into account, making it much more likely to lead to long-term wellbeing.

Journeys run regular Depression Busting™ courses at their offices in Cardiff, and are currently working with Rhondda Cynon Taff Local Health Board to provide the course across RCT. They are also seeking funding so the course can be offered in other areas of Wales.

For more information contact Journeys on: 029 2069 2891 or info@journeysonline.org.uk

Notes:

Who are Journeys?

Journeys is a Welsh charity, launched in April 2008, and is the only organisation in the UK that focuses solely on helping people affected by depression find their own route to recovery. www.journeysonline.org.uk

What are the Prince's Foundation Integrated Health Awards?

The Awards recognise organisations' contributions to Integrated Health. Integrated health is about people taking responsibility for their own health and wellbeing, and acknowledging that our health (or ill-health) is a reflection of the way we live our whole lives. www.fih.org.uk

Picture:

Members of the Journeys' team meeting Prince Charles at the PFIH award ceremony.



Journeys' contacts:

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