



# Depression Busting™

## application form

Journeys is running the innovative Depression Busting 8 week self-management course in Cardiff, starting Saturday 6<sup>th</sup> February 2010. The sessions will run from 11.00 am to 1.00 pm at the Journeys office in Roath.

Cost of attending the course is £120, or £100 for Journeys' supporters. This includes refreshments, course materials, a copy of the self-management audio book 'Taking Control: Healthy Strategies for Living with Depression', and a selection of Journeys publications. Journeys has a limited number of reduced price places available for people on benefits. You may also be able to get help from other organisations to cover the charge. Contact us for more information.

We require a minimum deposit of £50 to be returned with the completed application form in order to confirm a booking. Places are limited, and will be allocated to the first 12 people who return their form and deposit to:

Journeys, 120-122 Broadway, Roath, Cardiff, CF24 1NJ

Name..... Date of birth.....

Tel number..... male  female

Email.....

Address.....

.....

..... Post code.....

I have enclosed a cheque     I have paid via Paypal

Please make Paypal payments to [info@journeysonline.org.uk](mailto:info@journeysonline.org.uk), be sure to provide your name and address as well as details of what the payment is for. Your place will be booked when we have received your completed form and confirmation of payment. For more information about making online payments to Journeys, contact us.

### Please note:

If your deposit is received after all the places have been allocated it will be returned immediately, and you will be offered a priority place on the next available course. In the event you need to cancel your booking up to 14 days before the course is due to start we will provide a full refund. If you cancel after this time the deposit will be retained.

Do you have any particular requirements?.....  
.....

In case of an emergency, who would you want us to contact?.....  
.....

What are their contact details?.....  
.....

**Please read and sign the following agreement:**

I understand that Depression Busting is a voluntary educational course, not offering counselling or therapy. I may withdraw from the course at any time, without giving a reason and without affecting my rights to further help and/or advice.

I am responsible for monitoring my own condition throughout the sessions, and should any deterioration and/or unusual symptoms occur I agree to notify my GP or other health worker.

Signed..... Date.....

**Our promise to you:**

Journeys is committed to providing high quality services, resources and training to people affected by depression. In order to ensure your complete confidentiality, we promise:

- Not to share or pass on information about you
- To process any feedback or evaluation with anonymity
- Not to provide your details to any external mailing lists
- You may access any information about you held by Journeys, on written request

**You can help us by providing the following information:**

How did you hear about this course?.....

**[www.journeysonline.org.uk](http://www.journeysonline.org.uk)**

**029 2069 2891**

**[info@journeysonline.org.uk](mailto:info@journeysonline.org.uk)**