



Our award winning Depression Busting™ course is starting in Cardiff on Saturday 6<sup>th</sup> February at 11.00 am

Depression Busting is an 8 week training programme that takes a holistic approach to overcoming depression to help you achieve recovery.

See over for more information.



## What is Depression Busting™?

It is an award winning self-management course for people affected by depression. It will provide you with information, practical tools, and the opportunity to explore self-help.

The aim of the course is to support you to develop skills and strategies that will help you manage symptoms, regain control of your life and move towards recovery.

Depression Busting is delivered by tutors who have a personal experience of depression. Topics include: what is depression?; sleep & relaxation; food & mood; thoughts & beliefs; and managing change.

The course will run at the Journeys office: 120-122 Broadway, Roath, Cardiff CF24 1NJ. It is an 8 week course, with one session every Saturday from 11 am until 1 pm (this includes a break).

There is a charge to help us cover our costs; this includes refreshments, course materials, a selection of Journeys publications & the self-management audio book 'Taking Control'. If you are on benefits you may be able to get help from other organisations to cover this charge: contact us for more information.

Places are limited. If you would like to come on the course, contact us for an application form.

## Who is Journeys?

**Journeys** is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.

**Journeys** takes a holistic approach to overcoming depression through guided self-help, building the foundations for sustainable and long-term wellbeing.

**Journeys** provides information, practical resources, services and training that promote the development of skills and strategies to help people find their own route to recovery.

If you would like more information about Depression Busting™ or Journeys, please contact us:

029 2069 2891

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