Having a personal toolkit of skills and strategies, and using them regularly, can help you to manage and overcome depression.

Being active in your own recovery develops self-confidence and empowerment.

Depression Busting™ is not a cure, but it may be the answer.

Some feedback from past participants:

“The course offers solutions – not a pill or a waiting list.”

“This course has given me my life back – I’ve got the tools to bring myself back up when I go down.”

“It was so beneficial to me, I feel that everyone affected by depression should have the opportunity to try it.”

“I could relate to everything we discussed, which made me realise I was not alone.”

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 and the development of skills and strategies. We help people to find their own route to recovery, building the foundations for sustainable and long-term wellbeing.

We facilitate a network of self-help groups where people can share experiences and coping strategies; offer information and advice; provide a unique range of publications and practical resources covering many depression related topics; run training courses to help people understand, manage and recover from depression; and co-ordinate mutual support services. We also offer a free information pack.

To request a free information pack or to find out more please contact us.

Call 029 2069 2891
Email info@journeysonline.org.uk
www.journeysonline.org.uk

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What is Depression Busting™?
Depression Busting™ is an award winning course in the self-management of depression which offers a toolkit of skills and strategies for self-help.

The course was written and developed by Journeys with input from people from a variety of backgrounds including training, teaching, CBT, counselling and mind-body therapies, who have experience of depression themselves.

If you have mild to moderate depression, or are recovering from depression, and you are willing to put into practice some of the lifestyle changes explored, then this is the course for you.

It is a sixteen-hour course, delivered over eight weeks, enabling you to practice and develop the skills you learn on the course with the support of the trainer and the rest of the group.

Depression Busting™ is not therapy
The aim of the course is to enable you to manage your depression. It gives you the opportunity to develop your own strategies for self management as a means of maintaining your long term health and wellbeing.

In addition, the routine of attending the weekly sessions and the social interaction between group members and trainers can further promote your recovery.

How does Depression Busting™ work?
Depression Busting™ works by exploring the symptoms of depression and then finding tools and strategies to combat them.

The course covers:
- Action planning
- Relaxation
- Self-monitoring
- Sleep
- How the body holds stress
- Thoughts and beliefs
- Building self-esteem
- Physical activity
- Managing change
- Food and mood
- Avoiding quick fixes

An award winning course
Journeys’ Depression Busting™ course was awarded runner up in the Prince’s Foundation Integrated Health Awards 2008.

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)

The course has been independently evaluated by the UnumProvident Centre for Psychosocial and Disability Research at Cardiff University. Their findings evidenced the benefits of the course on those who have attended.

A copy of this research is available on request.

Want to know more?
For further information about Depression Busting™ or to find out about forthcoming courses please contact us:

Call 029 2069 2891
Email info@journeysonline.org.uk
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Who delivers Depression Busting™?
Skilled trainers who have an experience of depression deliver Depression Busting™, so they understand what it is like to live with the condition.

Because they have used the self-help toolkit from the course as part of their recovery, the trainers provide positive role models of what can be achieved. They are living proof that depression can be managed successfully.