

# DEPRESSION AND OUR WELLBEING

**Depression is a common illness that negatively affects how you feel, the way you think and how you act.**

**Fortunately, it is also treatable.**

**Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home**

**This course will help you:**

- Understand what depression is
- Help recognise signs and symptoms
- How to support yourself and others
- How to manage your depression
- Reduce the impact depression has on your wellbeing



**Tuesday 23 August  
11.30am-1.30pm, on Zoom**

**MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.**

**To book your place, you need to register with MFT first, download Zoom and then get the link.  
contact: 01372 375400, text 07929 024722,  
email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)**



**Inspiring Mental Wellbeing**