



For better
mental health

Training in Mind Workshop

Working with People with Depression

Wherever you work or volunteer, we can help you to work more effectively with people experiencing depression.

Cost: £45 voluntary sector / £60 statutory & private sector

Dates: Friday 30th March 2012

Times: 9.30am - 1.00pm

The workshop will provide:

- **Raise your awareness, understanding and knowledge of depression.**
- **Increase your knowledge of symptoms, diagnosis and treatments.**
- **Improve your ability to support someone who is experiencing depression.**
- **Provide information about local mental health services and avenues of support.**

All courses are held at Mind in Brighton and Hove, 51 New England St, Brighton BN1 4GQ

**To book a place, please
email info@mindcharity.co.uk or call 01273 66 69 50**