

Feeling low?

ISOLATED

LOWMOOD Unhappy

Not smiling

Depressed

**You're not
alone...**

Depression group for Farsi Speakers

This is a six week group that is designed to help you understand depression and recover with support and help.

Available in North Manchester in 2017-18.

For details about the next workshop please:

Visit our website: www.selfhelpservices.org.uk

Email us: pws.manchester@selfhelpservices.org.uk

Call us: 0161 226 3871



@WeAreSelfHelp

SelfHelp

Improving mental health



Self Help is part of The Big Life group of social businesses and charities