

Please return to

Survivors of Depression In Transition

Office 27

Woodbourn Business Centre

Jessell Street

Sheffield

S9 3HY

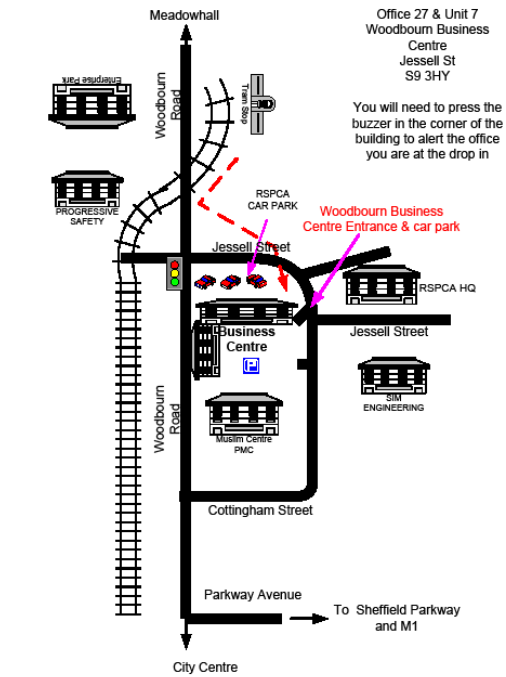
Or

Tel : 0114 2421700

e- mail : info@sodit.org

www.sodit.org

time to change
let's end mental health discrimination



Directions To SODIT Office & Drop In Centre

Tram – From **City Centre** or **Meadowhall Interchange** take Yellow Route and get off at Woodbourn Road Tram Stop.

By Car- From **Junction 33 (M1)** Follow A57 Parkway and take the **Parkway Market** exit on your left. This will take you to roundabout. Turn Left on to Parkway avenue. Continue down to junction then turn right then first right on to Cottingham st. Then you go round a bend, follow on and on your left is the main entrance to Woodbourn Business Centre at the end of the street.

Supported by



For women who have depression or have experienced mental health distress

And wish to move on

'Drop in' open (1 to1)
Monday-Friday
10.30 Until 2.30
By Appointment
At Woodbourn Business Centre

Registered Charity No 1109165

What Is a Self Help Group?

A self-help (peer) group is made up of people who have personal experience of the same issue or life situation. Self-help groups should not be viewed as therapy but as a place where you can receive encouragement, reassurance, support and a "listening ear".

How can they help?

Meeting with others can help reduce the terrible feeling of isolation which a lot of women experience when suffering from depression.

It can provide a supportive informal environment where people can share their fears, worries and ways of coping with their depression. You will hear how each person's experience is different but will also see that there is a common thread running through each other's feelings and symptoms. This will allow you to support others as well as getting support for yourself.

Coping with depression can be a long and difficult process but at least you'll know you are NOT alone.



The Group

Survivors is a self-help group run by peers with lived experience for women who have experience of depression and all its ups and downs.

The Group meets every Tuesday 12.30 to 2.30pm at the Woodbourn Centre Unit 7

Evening Thurs - 6-7pm

ONE to ONE Support by appointment

Joining a new group can be difficult so we give you a chance to join us at your own pace and you'll also be given one of our 'new members' packs.

We can :-Give you a chance to meet other women, who share similar issues

- Offer support and understanding
- Explore different ways of coping
- Offer a SAFE place to be
- Help ourselves feel more confident
- Provide relevant information and find practical help
- We can also have a LAUGH!

To find out more, fill in the form or call to arrange an informal chat.



Form to Arrange a Meeting

Name

.....
.....

Address.....

.....
.....
.....
.....

 Telephone Number

.....

Convenient time to contact.....

Is it ok to leave a message?

Yes **No**

Would you like someone to telephone you before arranging a meeting?

Yes **No**

All communication is treated in the strictest confidence✓