



## Survivors Of Depression In Transition

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### S.O.D.I.T

#### **WHAT WE ARE NOT:**

We do not make home visits.

We appreciate individuals' distress but have zero tolerance of violence towards members of staff & other group members this is deemed unacceptable.

We are unable to make medical referrals we have no jurisdiction in this content these have to come from general practitioners, similarly we are not able to prescribe medication.

Although we have a counselling professional upon request the self-help group is **NOT** a counselling group.

We are unable to deal with high, acute depressive symptoms, please note we are an organisation to aid individuals in transition & have the right to refer on & signpost to more suitable resources if we deem the individual unsuitable for our services.

Although we make every effort to offer the best service possible we are not available 24 hours a day. We appreciate the reasons why individuals come to us & endeavour to get back to you as soon as possible.

Similarly, we can be contacted at the office and also offer a support line service.

Although we want to help there may be times when the group capacity increases to a point where it is inappropriate to take any new members. In the event of these circumstances a waiting list system will be used & upon your request your name is added & contacted as soon as a place becomes available.

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