

## East Kent

Affiliated to Mind in Bexley Limited | Company No. 05393807 | Registered Charity No. 1110130

# Coping with Depression

Coping with Depression is a workshop that helps develop a better understanding of depression by looking at the thoughts, feelings and behaviours that can cause depression.

Participants are provided with information and activities to help them identify warning signs and risks of their depression; to identify the effects and symptoms of depression and to learn to create coping strategies to help. They will develop skills that will help them to change their emotional cycle and learn how to effectively use a range of cognitive coping tools and mechanisms to deal with times when they are feeling low.

Participants undertake group work and exercises that look at identifying the cause of their own depression and how this can be positively managed, with the aim of working towards sustained recovery.

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or book online at: [eastkentmind.org.uk](http://eastkentmind.org.uk)