



# KEEP LEARNING

## Low Mood and Depression

**Days:** Thursday 17 October  
Thursday 23 November

**Times:** 5-7pm

**Location:** Online



This workshop looks at the key differences between low mood and depression and the psychological, physical, emotional, social and behavioural symptoms linked to both.

The main focus is looking at the many causes of depression and understanding them fully and the most effective coping strategies to help manage depression in daily life.

The workshop promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of low mood and depression. Please register and book your place online.



[mindinbexley.org.uk/recovery/](http://mindinbexley.org.uk/recovery/)

