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CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

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Canadian Mental
Health Association
New Brunswick
Mental health for all

As the nation-wide leader and champion for mental health, Canadian Mental Health Association facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

This program is sponsored by:



CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John Office



DEPRESSION: HELP CAN MAKE A DIFFERENCE

A six-week education program for individuals diagnosed with depression

Program Dates and Location:

January 26th to March 1st, 2016

6:30 to 8:30 PM

Mental Health Recovery Services

Contact:

CMHA of NB Saint John Office
Suite 1500 City Hall Building
15 Market Square
Saint John, NB
E2L 1E8

Tel: (506) 633-1705

Fax: (506) 633-2892

Email: cmha@nb.aibn.ca

www.nb.cmha.ca

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Symptoms of depression:

- Irritability
- Poor memory or concentration
- Feelings of emptiness
- Cannot enjoy regular hobbies
- Hopelessness
- Ongoing fatigue / lack of energy
- Unexplained aches and pains
- Sleep disturbances
- Suicidal thoughts or actions

If you or someone you know are experiencing several of these symptoms, please contact your family doctor or Addiction & Mental Health Services.

ABOUT THE PROGRAM

Depression: Help Can Make A Difference is a six-week education program designed to help people who **have been diagnosed** with depression.

A trained facilitator and health care professionals discuss issues that relate to depression. These include information on symptoms, treatment options, coping strategies and community resources.

The aim of *Depression: Help Can Make a Difference* is to offer assistance as well as encouragement in a safe and relaxed atmosphere.

This program does not replace counselling or therapy. **Confidentiality and privacy of sharing within the group is strongly promoted.**

There is no cost to attend this program. Seating is limited to 25 participants. ***This program will be held every Tuesday evening from 6:30 to 8:30 PM at Mental Health Recovery Services, located at 157 Duke Street in uptown Saint John.***

**Advanced registration required.
Please contact us at
(506) 633-1705**



WEEKLY AGENDA

I. Understanding Depression

An overview of depression and treatments including symptoms, triggers and risk factors. Also reviewed are the types of psychotherapy, cognitive behavioral approaches and alternative therapies.

II. Depression: Treat It / Defeat It

Information on the latest medications used, how they work, side effects and benefits.

III. Practical Strategies to Avoid the “Downward Spiral”

How to identify personal triggers and preventive strategies, including daily structure, physical appearance, taking one step at a time and getting enough sleep.

IV. The Importance of Sleep

The role of healthy sleep habits in maintaining good mental health.

V. Feeling Good: Twelve Distorted Thoughts to Avoid

Strategies for avoiding negative thought patterns, such as discounting, all-or-nothing thinking, over-generalizing, personalization and blame.

VI. Relaxation and Program Wrap-up

How to ease depression with relaxation techniques.