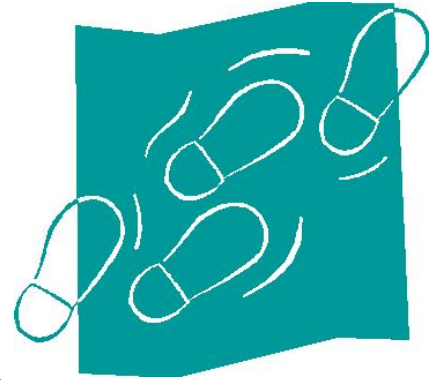


Next Steps

Depression Support



01483 757461 info@nextsteps.me.uk

Feeling depressed?

Struggling on your own?

Don't know where to turn?

Need information?

Want to move forward?

Then...

Next Steps

may be for you

01483 757461

info@nextsteps.me.uk

Next Steps is a self-help support service for people in Woking affected by depression.

- Information about depression.
- Introductory one-to-one chats.
- Signposting to help you find what help may be available to you.
- Support and encouragement to take your steps towards emotional well-being.
- Help to build exercise into your life.
- Weekly self-help group.
- A welcoming place where you will be listened to and respected by people who understand how it feels to be depressed.
- Occasional social activities and meetings on topics of interest.

CornerHouse
2 Courtenay Road
Woking
GU21 5HQ



Improving Mental Health in Woking **CornerHouse**

www.nextsteps.me.uk