



# Do you love, support or care for someone with depression?

Partner, Sibling, Son, Daughter, Parent or Friend?

If so, ***PARTNERS IN DEPRESSION*** can help you!

Did you know those who love, support or care for people with depression can experience significant stress and are themselves at greater risk of developing mental health problems?

***PARTNERS IN DEPRESSION*** is a **FREE** six-session group support and education program for carers and family of people experiencing depression. The program will develop your knowledge about:

- Depression
- Treatment options
- Suicidality and self harm
- Self-care strategies
- Communication skills
- Where and how to access services

The program is run by health professionals for six sessions over six weeks. It provides a forum in which to receive information and ask questions about depression and your support role, with others with similar experiences.

## ***PARTNERS IN DEPRESSION IS NOW AVAILABLE ON THE CENTRAL COAST***

### **DATES FOR 2013**

When	Time	Venue
Monday 29/4, 6/5, 13/5, 20/5, 27/5, 3/6	9.15am – 11.45am	Erina Centre, (near the Library) Erina Fair Shopping Centre Karalta Rd, Erina
Monday 29/4, 6/5, 13/5, 20/5, 3/6, 27/5	6.00pm – 8.30pm	
Monday 22/7, 29/7, 5/8, 12/8, 19/8, 26/8	6.00pm – 8.30pm	
Monday 28/10, 4/11, 11/11, 18/11, 25/11, 2/12	9.15am – 11.45am	

**PLEASE NOTE:** THESE PID PROGRAMS ARE AVAILABLE TO PEOPLE LIVING OR WORKING ON THE CENTRAL COAST.  
FOR INFORMATION ABOUT OTHER PID PROGRAMS OFFERED AROUND AUSTRALIA, VISIT THE PID WEBSITE.

[www.partnersindepression.com.au](http://www.partnersindepression.com.au)

**COST: FREE**

**Facilitators:** Jenice Alliston & Patrick Livermore,  
Central Coast Mental Health Service, Central Coast Local Health District

**FOR MORE INFORMATION OR TO REGISTER YOUR INTEREST CONTACT:**

Jenice Ph: 4320 2941 or Email: [jalliston@nscchhs.health.nsw.gov.au](mailto:jalliston@nscchhs.health.nsw.gov.au)

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**Health**  
Central Coast  
Local Health District