

Mindfulness for Depression Group

Free 8-Week Psychology Course

"Hearing other people's experiences of depression and being able to practice the techniques at home was helpful. It stopped me from feeling alone."



This course is suitable for individuals who:

- Experience symptoms of depression
- Are interested in mindfulness practice & CBT

Take the first step and contact us today: 0208 175 1770

Sign up to Talking Therapies now and mention the "Mindfulness for depression" group in your assessment.

<https://www.elft.nhs.uk/tower-hamlets-talking-therapies>

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SCAN ME

