

DO YOU HAVE DEPRESSION OR BIPOLAR DISORDER?

Are you looking for strategies to manage your illness & wellbeing?

R.E.A.C.H SUPPORT GROUP Might be for you!



R.E.A.C.H
RESPONSIBILITY . EDUCATION . ACCEPTANCE . CONNECTION . HOPE

R.E.A.C.H is a **FREE** 9-week educational support group program for individuals with a mood disorder, developed by the Black Dog Institute. **R.E.A.C.H** is suitable for individuals over 18, who have lived with a diagnosis of depression or bipolar disorder for at least one year. Eligible participants will also need to demonstrate:

- Capacity to participate in a group setting
- Commitment to attend 9 weekly sessions
- Acceptance of their illness
- Motivation to implement 'stay well' strategies

Topics include: Fostering strengths, dealing with loss & grief, identifying early warning signs & triggers, nurturing wellbeing & support networks, & creating a unique 'Stay Well Plan'.



Starting Date: Friday 14 February 2014, 11am-1pm

Facilitators: Simone Isemann & Gabrielle Waters-Mckay

Location: GORDON

To Apply: Register your interest at appointments@lifelineh2h.com or phone our centre on 9498 8805



This group is supported by funding from Kur-ring-gai Council and Turramurra and Lindfield Community Bank Branches Bendigo Bank

Turramurra and Lindfield **Community Bank**[®] branches

