

DEPRESSION ALLIANCE PUBLICATIONS ORDER FORM

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A Good Night's Sleep How depression affects sleep and how to deal with it							
Caring for Carers For friends and family of someone affected by depression							
Depression and your Sex Life How depression can affect your sex life							
Depression in Children and Young People How depression affects Children and Young People							
1 in 5 will be affected by Depression Information about depression and Depression Alliance							
Panic Attacks What a panic attack is and how to deal with it							
Self Help Information on treatments and self help measures							
St. John's Wort Information about St. John's Wort							
Surviving Depression at Christmas How to deal with depression at this time of year							
Wanting to Work For those returning to work after a bout of depression.							
Understanding Depression How to respond to employees affected by the illness.							

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Depression during and after Pregnancy A 26-page booklet with information on postnatal mood changes, causes, prevention and treatments							
Depression in Older People A 12-page booklet with information on treatments and self help measures for older people, their friends and family.							
Everything you need to know about Depression A 14-page booklet offering basic information about the causes, types and treatments for depression							
Together We'll Beat the Blues A 14-page booklet explores visiting your GP, good practice in depression and the various treatments available							
The Young Person's Guide to Stress 12 postcards offering information on the main sources of stress and depression for young people							
Young People and Depression Training Pack A 14-page booklet aimed at anyone who has contact with young people. It teaches how to spot the signs of depression							

Audio Tapes

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Introduction to Depression What depression is and how to deal with it							

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Choose from five different posters: Friends and Family, Having Trouble, 1 in 5, Suicide, Young Person's Guide to Stress,							

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All orders are subject to availability and will normally be dispatched within a week. However, please allow 28 days for delivery. If an item you have requested is out of stock we shall endeavour to send you a suitable alternative.

Depression Alliance, Suite 212, Spitfire Studios, 63 –71 Collier Street, London, N1 9BE
If you have any queries regarding your order you can contact us on 020 7833 2500 ext 207
(text phone 020 7928 9992) or email joec@depressionalliance.org

Thank you for enquiring about Depression Alliance. Supporting people affected by depression is a huge task and we need all the help we can get. That's why we ask your permission to write and let you know from time to time of all the different ways you can help, including coming to events we organise, supporting our campaigns, and many others.

However, if you would rather we didn't, you can either tick this box or let us know at any time in the future.