

# DEPRESSION ALLIANCE PUBLICATIONS ORDER FORM

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## Leaflets

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<b>About Seasonal Affective Disorder (SAD)</b> What SAD is and how to deal with it							
<b>A Good Night's Sleep</b> How depression affects sleep and how to deal with it							
<b>Caring for Carers</b> For friends and family of someone affected by depression							
<b>Depression and your Sex Life</b> How depression can affect your sex life							
<b>Depression in Children and Young People</b> How depression affects children and young people							
<b>1 in 5 will be affected by depression</b> Information about depression and Depression Alliance							
<b>Panic Attacks</b> What a panic attack is and how to deal with it							
<b>Self Help</b> Information on treatments and self help measures							
<b>St John's Wort</b> Information about St John's Wort							
<b>Surviving depression at Christmas</b> How to deal with depression at this time of year							

## Booklets

Number of copies: Price:	1-9 £0.70ea	10 £6.00	25 £13.50	50 £25.00	100 £48.00	250 £115	500 £220
<b>Cognitive Therapy</b> A 28-page booklet providing basic information about cognitive therapy as a treatment for depression							
<b>Depression in Older People</b> A 12-page booklet with information on treatments and self help measures for older people, their friends and family.							
<b>Together we'll beat the Blues</b> A 14-page booklet explores visiting your GP, good practice in depression and the various treatments available							
<b>Young People and Depression Training Pack</b> A 14-page booklet aimed at anyone who has contact with young people. It teaches how to spot the signs of depression.							

## Posters

All posters are priced at £1.00 each. Please indicate the number you require of each title.	No required		No required
1 in 5		<b>Having trouble?</b> Symptoms of depression	
Young Person's Guide to Stress		<b>Warning Signs</b> Road signs showing symptoms of depression	

<b>Delivery</b> Please add 10% of your order price to cover postage and packing	
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## PUBLICATIONS ORDER FORM

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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 203**  
**or email [publications@depressionalliance.org](mailto:publications@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.