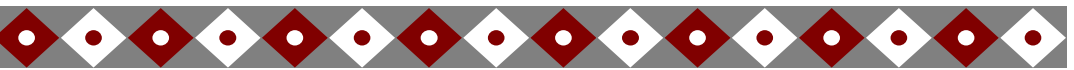


Women's Information Group
 7 University Road, Belfast, BT7 1NA
 Tel/Fax 028 9024 4119
 Email: women@infogroup.club24.co.uk
 Website: www.womensinformationgroup.com

Supported by



UNDERSTANDING ME AND MY MIND

Did you know that 1 in 4 people suffer from mental health problems ?

RECOGNISE AND
 MANAGE YOUR OWN
 SIGNS AND SYMPTOMS

HOW TO LOOK AFTER
 YOUR MENTAL HEALTH

Perceptions & Understanding

COPING WITH PRESSURES

MEDICATION

DEPRESSION



What is it About ?

Do you want to feel positive about yourself, be able to cope with everyday pressures and be able to form and maintain relationships? When you are suffering from poor mental health it can affect all areas of your life. Having a mental illness such as depression, anxiety or schizophrenia means you need to look after yourself and not be afraid to ask for help.

This 6 week course (1 session per week) held in the privacy of our training room and facilitated by mental health professionals, will look at:-

- Perceptions and understanding of mental health issues
- Ways to help you protect and look after your mental health
- How to recognize and manage your own signs and symptoms
- The importance of taking medication correctly.

Where & When ?

DATE: Thursday 24th September 2009(to be confirm)
TIME: 10.30 am to 12.30 pm
DURATION: 6 weeks (1 session per week)
VENUE: Women’s Information Group, 7 University Road

Creche. Refreshments, Transport Expenses and Facilitators are all provided FREE to the participants.

For more information Contact Kathleen/Sunita 028 9024 4119



Registration for
Understanding me and my mind

(Please Print)

Name

Address

.....

.....

Postcode Tel No.

Will you need creche facilities? Yes/No

If Yes, how many places?

Please specify the ages of the Children

Please return this slip as soon as possible to:

Kathleen/Sunita
 Women’s Information Group
 7 University Road
 Belfast BT7 1NA

Tel/Fax: 028 9024 4119

