

TAKE THE FIRST STEPS TO FEELING BETTER

Know and understand the signs of Mental Illness and Depression



Take the First Step to Wellbeing

Join Us In Our Quest To Feel
Better About Ourselves

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Alcohol or drug abuse
- Major changes in eating habits
- Excessive anger, hostility or violence
- Suicidal thinking



How Are You?
Follow Us On Facebook

Focus Group Event Information available on
'How Are You' and 'We Are Broughshane' Facebook Pages

If you are interested in improving your or someone else's mental health and wellbeing these fun, interactive information sessions aim to encourage us to take steps to living well.

Monday 20th May at 7pm

Monday 24th June at 7pm

Monday 29th July at 8pm

Broughshane House

Main Street, Broughshane

Tel: 028 2586 2777

Free to Attend, No Charge — Light Supper Included.

**For the purposes of catering please register your interest in attending by leaving a message on the How Are You? Facebook Page
OR by calling BROUGHSANE HOUSE on 028 2586 2777.**