



# futurechoices

a self help group  
for all who live with depression

held at  
the old stables  
pool farm road  
leegomery  
telford  
tuesday evening 7pm - 9pm

group-in-contact to  
depression alliance (uk)



## who we are

Some of the problems that accompany depression are:-

Panic attacks, Anxiety,  
Low self-esteem,  
Phobias including Social  
Phobia or fear of crowds,  
Eating too much or too  
little, Insomnia, Self harm,  
Isolation, Loneliness,  
Difficulty with every day  
tasks and life in general.

This list represents some of the most common symptoms of depression.

We are a self help group for people who live with depressive illness and its associated problems.

We emphasise the principle of mutual support. A priority is to break through the feelings of isolation and low self esteem that accompany depression.

We also aim to encourage self-help, self-determination and choice by exchanging information about depression, therapies and mental health services. We will try to educate others about the experience of depression and combat the stigma surrounding it.



## what our meetings are like

- You may feel less alone knowing there are others who understand.
- You can be yourself without a mask.
- You don't have to worry about stigma.
- You can talk freely about anything.
- You feel accepted and understood.

**Our meetings are held weekly and are open to anyone who has or who has had depression.**

From shared experiences we aim to offer each other understanding and support.

We have ground rules which emphasise things like confidentiality, respect and an

equal sharing of time so everyone has the opportunity to speak if they wish to. No-one is under pressure to talk if they don't want to. We welcome the exchange of information and of coping and self-management techniques. We do not however, offer advice as we are all unique and what works well for one doesn't necessarily work for all.



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if you would like further  
information or a chat about our  
meetings then please contact:

**future choices**  
**shrubbery house**  
**20 leegomery road**  
**wellington, telford**

phone wendy 01952 541409  
or 07890 974712

**email: futuchoices@aol.com**

online depression support  
community  
[ourpeacefulhaven.com/forum](http://ourpeacefulhaven.com/forum)