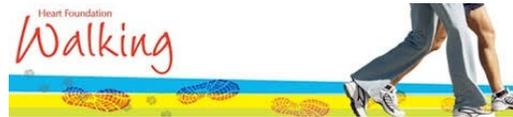
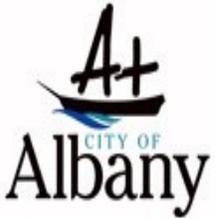


ACKNOWLEDGEMENTS



Activities Include

Walking, Meditation, Art & Craft,
Discussion Groups, Social Activities,
Games Nights, Meals, Gardening.

Drop in Tues to Thurs 10am - 3pm

Contact us weekdays 9am - 5pm

for more information

For Further Information on Depression, Visit:

www.beyondblue.org.au

www.blackdoginstitute.org.au

www.sane.org

www.headspace.org.au

RuralLink 1800 552 002

Lifeline 131114

Salvos Care Line 1300 363 622

Kids Helpline 1800 201 123

Men's Helpline 1300 789 978

A yearly membership Fee of \$22 helps us
to continue to provide services.

We are a non-profit organisation with tax deducti-
ble status (DGR), so all donations are welcome.

**DEPRESSION SUPPORT NETWORK
ALBANY INC**

Phone: 08 9842-1439

0428 289 578

E-mail: dsnalbany@yahoo.com.au

www.dsnalbany@yahoo.com.au

facebook: Depression Support Network
Albany Inc

39 Mokare Rd, Spencer Park WA 6330

PO Box 4048, Spencer Park WA 6330



PROVIDING PEER SUPPORT
AND EDUCATING THE
GREAT SOUTHERN
REGION REGARDING
DEPRESSIVE ILLNESS.

*There is Always Hope
You are Not Alone*



PH: 0428 289 578

Inc. A1015724Z / ABN 61858282266

WHO ARE WE?



In April 2011 a small group of Albany citizens met to hear about an organisation doing great things for the people of Toowoomba QLD. We discussed what we saw as a gap in services available in Albany and the Great Southern, for people aged 25 and older with Depressive Illness.

After researching what was available for our particular demographic in Albany, we decided that there was a need for a peer support organisation like ours and set about making it a reality.

The Depression Support Network (DSN), provides peer support to consumers, carers and families of people with Depressive Illness.. This ranges from educating, supporting and advocating for individuals with Depression.

We also find and share information from reputable sources locally, in WA and across Australia, to keep our participants up to date on the latest .

We plan activities such as: art groups, social dinners, barbecues, discussion groups, sampling sports and hobbies, walking groups, bushwalks, beach outings, gardening, support groups, meditation and crafts.

DSN is all about empowering people who live with depression. The atmosphere is relaxed and casual.

If you need support, feel free to phone in or drop by on our open days for a cuppa and a chat .

WHAT IS DEPRESSION?

Depression is a **SERIOUS ILLNESS**. But there is **HOPE**.

Depression requires time, care and understanding to be overcome. It's an individual illness and requires individual responses..

Depression is an illness in the same way that cancer is an illness. It affects both men and women, but quite often what they experience and how they respond is different.

**Depression is TREATABLE!
It's an illness
not a weakness**

The word 'Depression' is used in many different ways. Every-day blues or sadness is not depression.

The depression that DSN is concerned about is clinical depression (sometimes called major depression), which lasts at least two weeks at a time and affects a person's ability to carry out their work or to have satisfying personal relationships.

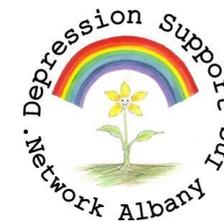
SYMPTOMS CAN INCLUDE

- ⇒ Intense anxiety or sadness
- ⇒ Inability to concentrate
- ⇒ Feelings of helplessness or worthlessness
- ⇒ Despair
- ⇒ Disturbed sleep patterns
- ⇒ Loss of appetite
- ⇒ Tension and irritability

If you are concerned please see your doctor

OUR STORIES...

"Many areas of my life and ability to function have been affected by depression. With medication and the support of people I can trust and share my problems with I am able to cope. The people at DSN Toowoomba literally saved my life on a couple of occasions, just by being there for me to talk my



way through things when I was blinded by depression. I hope to offer to the people of Albany what has truly been a lifeline for me" *Jo Brown
(DSN Albany Inc President)*

Living with a person suffering with depression is not easy, at times it can be downright difficult. I find that the hardest thing to bear is the sudden mood changes. At times like this I find the best thing I can do is just listen. This is where a support group is heaven sent, as it not only helps the patient concerned but is also my listening post for any problems that I encounter so that between us we will arrive at a good outcome.

A.P. (Carer)

"I have had several serious bouts of depression during my life. I am finding the support I get from others who have also had depression is critical to my recovery."

Janet (Toowoomba)

