# Support



# Group

How does depression

affect you?

**At Ards Community Network Centre, 43-45 Frances Street, Ards.**

## Depression affects 1 in 4 people during their lifetime.

Find out what you can do to help yourself or people close to you.

AWARE is opening a new Support Group in Ards on a Wednesday evening from 7.00-8.30pm (Fortnightly). We welcome people experiencing depression and their friends and family. **Opens on Wednesday 6th April.**

This is free of charge and anyone is welcome to attend.

For more information visit [www.aware-ni.org](http://www.aware-ni.org/) or call our helpline on 08451 20 29 61.