

Living Life to the Full Interactive ...helping you to help yourself

now available in the Highlands and Islands

Is this you?

► Depressed *Anxious* Panicky SAD **Nervous**
Irritable Feel stuck Disturbed Sleep *Angry* Demotivated **Empty**

Make the change...

► **Be Motivated** *Feel Positive* **Energised** *Happier*
Sleep better *Do More* *Enjoy things again* Be Confident

Make some positive changes and move forward with your life...

► Sign up for a **free** online course to help you overcome common problems seen in low mood, such as unhelpful thinking, feeling overwhelmed and not sleeping.

We understand that things might be difficult so we will be there to support you. You can live life to the full.
Do it NOW!

You will have:

- Free access to the Living Life to the Full interactive website at home on your computer.
- Regular telephone sessions throughout the course to support and encourage you with our local self-help coaches
- Access to handouts and materials
- Text and video clips to help you learn interactively

Find out more!

To register for the course email
info@actionondepression.org
or check out our website
www.aod.liftoffonline.co.uk

ACTION
ON DEPRESSION
Scotland's national charity for depression