



Managing Depression (Dover)

Take Off is running a depression group to support positive mental wellbeing. The group is facilitated by people with personal experience living with depression and/or anxiety. We provide on-going support in a safe place to talk about how to manage.

The group runs on the fortnightly on Thursdays from 6.30-8pm at MCCH in Dover.

For any further information, please feel free to get in contact using the details here or use the contact form on our website.



A place of positivity

Somewhere you can get support, advice and have fun

Learn a new skill

100% service user led

Free to attend

Regular attendance welcome

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