



## Managing Depression (Thanet)

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 Wednesdays from 10.30-12.30pm at the Vinyl Head Café in Ramsgate.

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

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Somewhere you can get support, advice and have fun

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Learn a new skill

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100% service user led

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Free to attend

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Regular attendance welcome

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