



Struggling with low mood and anxiety?

You're not alone. Join our **Depression Group Consultation Clinic** for support and insights from Social Prescribers, Health & Wellbeing Coaches, and Clinical Pharmacists, alongside others who are experiencing similar symptoms.

What can you expect?

- One-to-one time with a clinician
- Practical coping methods & treatment
- Support from others who understand
- Safe, confidential space for sharing and listening
- Prescription services available



Not sure if this is for you? You're welcome to join, listen and see it's right for you. Check the FAQs on the back or scan the QR code for details.

Take the first step - ask at your GP reception for support!



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Frequently Asked Questions



SCAN ME



What is a Group Consultation?

It's an opportunity to have more time with your clinician, receive a one-to-one review, and get your questions answered while speaking with other people experiencing low mood, anxiety or depression.

What happens during a Group Consultation?

Your group clinic lasts 60-90 minutes and typically includes 6-8 people. You'll have the chance to ask your clinician questions that are specific to your needs.

What is the benefit of a Group Consultation?

It offers a tailored experience - giving you more time to discuss your symptoms whilst also learning from others who are going through similar challenges.

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