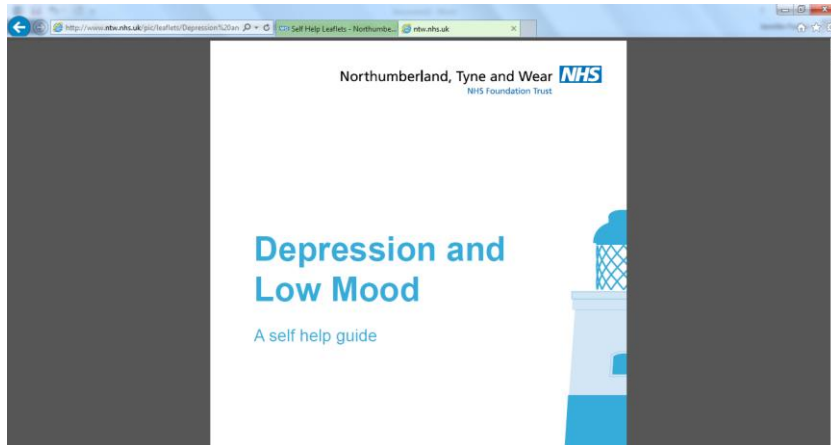


Depression and Low Mood

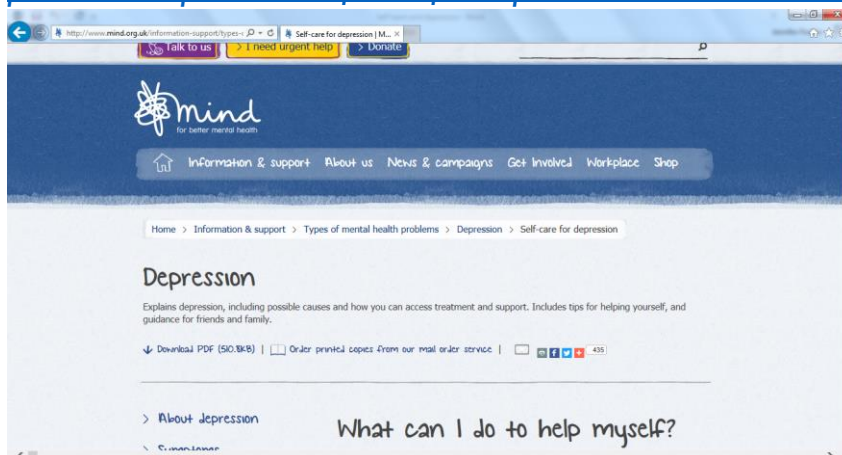
A self-help workbook from the NHS

<http://www.nth.nhs.uk/pic/leaflets/Depression%20and%20Low%20Mood%20A4%202015.pdf>



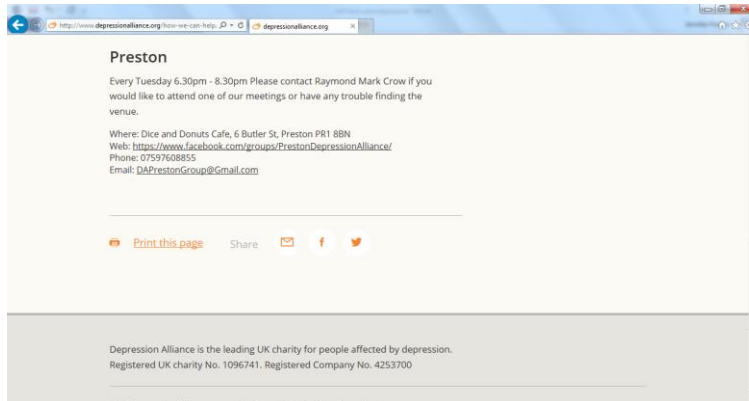
Self-care advice for sufferers of depression

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care-for-depression/#.WCDFbGSLSCQ>



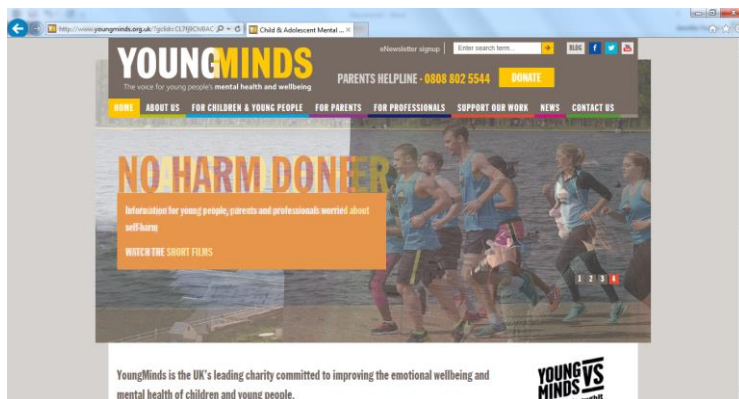
A self-help group based in Preston

<http://www.depressionalliance.org/how-we-can-help/self-help-groups/lancashire#preston>



A parents' survival guide

<http://www.youngminds.org.uk/?gclid=CL7fj9ChI9ACFZEy0wodglsHxw>



Something to follow on Twitter

<http://studentsagainstdepression.org/>

