Depression UK

Depression UK (D-UK) is a charity for people experiencing or who have experienced depression. They promote mutual support between individuals affected by or at risk of depression, with the aim of encouraging selp-help, recovery and personal growth.

Membership is open to anyone affected by depression and their friends/relatives. It includes:-

- newsletters
- pen and phone friends
- Internet chat.

Last updated: August 23, 2018

Website: www.depressionuk.org

Email: info@depressionuk.org

Facebook: http://www.facebook.com/depressionukorg

Cost: There may be a cost to this service/support

Address:
PO Box 10566
Nottingham
NG13 8LU

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