

how to help heal depression

NUTRITIOUS FOODS boost energy levels, brain functioning and wellbeing



CAFFEINE & ALCOHOL IN MODERATION help to minimise anxiety and depression



DAILY EXERCISE fills your brain with endorphins for a feeling of wellbeing



7-9 HOURS SLEEP improves concentration, decision making, memory and mood



REACH OUT to friends or family or talk to a therapist who can give you the tools you need to recover