

*Don't Sit Alone, Stand Together and be Supported*

## Depression Myths

It is important to separate myths from facts when talking about Pre and Postnatal Depression.

**MYTH:** Depression is not a real medical problem

**FACT:** Depression is a real and serious condition. It is no different than diabetes or heart disease in its ability to impact someone's life. It can have both emotional and physical symptoms and make life very difficult for those who have it.

**MYTH:** Depression only happens when something bad happens in your life.

**FACT:** Depression can arise suddenly, even when things in life seem to be going well.

**MYTH:** Depression doesn't effect strong people

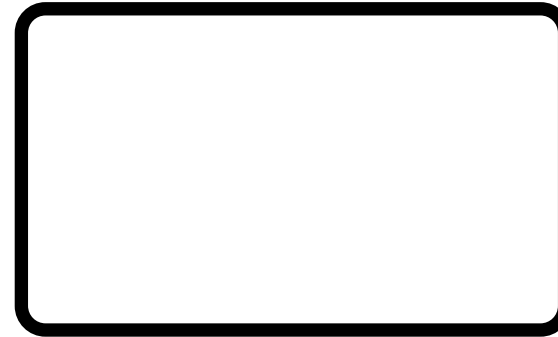
**FACT:** No one chooses to be depressed, just like no one chooses to have any other health condition. People with depression cannot just "snap out of" their depression.

## Starting your own group with pandas

If you would like to set up a local group to meet your particular needs or concerns, we can give you advice and resources to help get you started. Affiliating to Pandas Foundation will benefit in many ways such as;

- Free resources for the support group
- Free public liability insurance
- Opportunities for networking and training

For more information please email [Info@PandasFoundaiton.org.uk](mailto:Info@PandasFoundaiton.org.uk) to order a copy of Pandas Support Groups toolkit.



Or visit [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

**Pandas Help Line**  
For information and support on Pre and Postnatal Depression

 0843 28 98 401

[www.Pandasfoundation.org.uk](http://www.Pandasfoundation.org.uk)

Phone lines open 9am to 7pm Monday to Sunday

**Pandas Foundation**  
Pre And post Natal Depression Advice and Support

*Support Groups*



**Pandas Foundation**  
Pre And post Natal Depression Advice and Support

Pandas Foundation 2011, Limited Company registered in England and Wales with company number 7740327 Registered office: 9 Grosvenor Green, Shrewsbury, Shropshire, SY1 3RF.

## About Us

Pandas Foundation (Pre And postNatal Depression Advice and Support) has been set up to support individuals and their families who suffer from Pre and Postnatal Depression.

Our Primary focus is that no Parent should feel alone when suffering Depression, whether it is during pregnancy or following birth.

We want to understand the individual behind the illness and give them the advice, guidance and support they need to help aid their recovery.

Pandas Foundation offers a variety of support services, through website with online community, email, phone line, and support groups.

## What is a Pandas support group?

As well as the treatment and care received from health professionals, many individuals and their families with Pre and Postnatal Depression like to meet others who have their own experiences of the illness, and feel the need for information and continuing support.

## Who are support groups for?

They are for any individual both men and women suffering from pre and postnatal depression, as well as partners, families and carers.

## How can support groups help you?

Groups vary, just like the people in them, and offer different benefits including:

- Share experiences and gain friendships
- Opportunities for carers and their families to learn how to help someone suffering from Pre or Postnatal Depression.
- Healthy Living - Tips and advice

## Will Support Groups help me in my recovery?

Everyone is different, what works exceeding well for one may need to be altered for another. However it has been proven that support groups can help aid a persons recovery when suffering from Pre and Postnatal Depression.

“It has been a great help just to be able to see and speak to people with the same problems”

