

Self help group for young people going through Depression (18 to 35)

Do you suffer from deep sadness and listlessness? Are you constantly brooding and unable to sleep? Do you withdraw more and more and the loneliness becomes unbearable? It is the same for others too. Depression is a disease like any other and although it's now the number one widespread disease, depression is still a big taboo. The fear of stigmatization does not make it easy for those affected to talk about their illness.

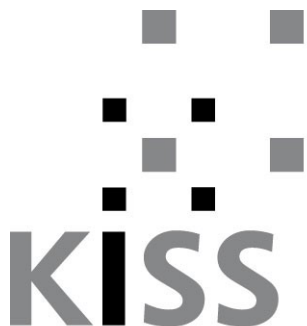
A self-help group offers the opportunity to exchange ideas with other sufferers about the disease, to support each other and to no longer deal with the disease alone. The target group are english speaking people with all types of depression at a young age from 18 to 35 years.

Interested in participating? Then get in touch.

The first online meeting will take place on

**Tuesday, April 5th, 2022
from 5:30 - 7:30 pm**

**To participate register at KISS Stuttgart, phone
0711 6406117 or mail to info@kiss-stuttgart.de**



Selbsthilfekontaktstelle
KISS Stuttgart

Selbsthilfekontaktstelle KISS Stuttgart

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Telefonische Sprechzeiten:

Mo 14 - 16 Uhr und 18 - 20 Uhr,

Di 10 - 12 Uhr, Mi und Do 14 - 16 Uhr

Persönliche Sprechzeiten:

Mi 18 - 19 Uhr und Do 12 - 13 Uhr