



**2 Taylor Square  
Tavistock  
Devon  
PL19 0DG  
01822 613746**

**time to change**

let's end mental health discrimination



THERE'S NOTHING  
WORSE THAN  
SOMEONE SAYING,  
"JUST SNAP  
OUT OF IT."

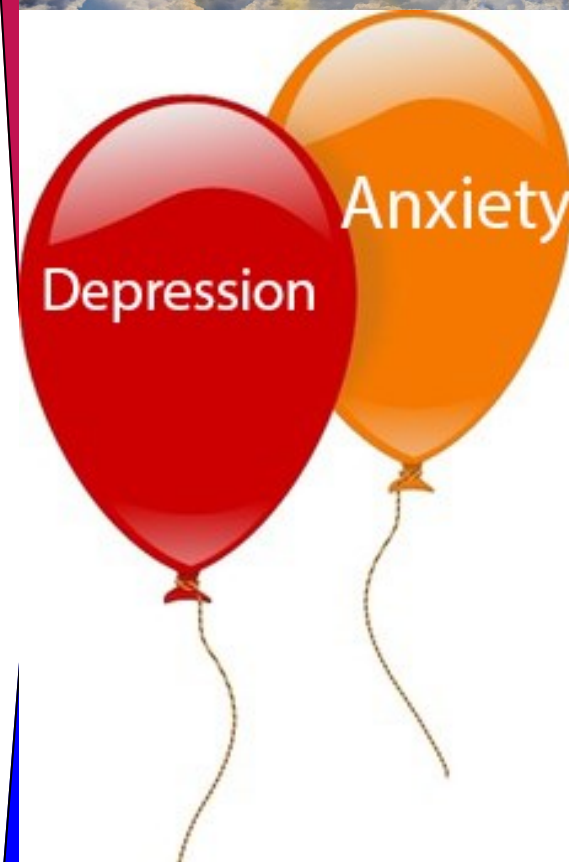


**Make A Difference**

Mental Wellbeing HUB

**Making the Day Brighter**

[www.makeadifferencetavistock.org](http://www.makeadifferencetavistock.org)



Let go of **Anxiety**  
and **Depression**

Try the **Moodgym** online course for  
**Free**

Charity number 1115769



## MOODGYM

Moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills to help you with anxiety and depression.

Moodgym is particularly popular with people in rural areas who might find it difficult to access support services.

Not sure how you get started  
on the course?

Don't worry we can help you.

Can't get to us, don't worry , if you are in West Devon we can come to you to help you get online. We can also give you on going support via video.

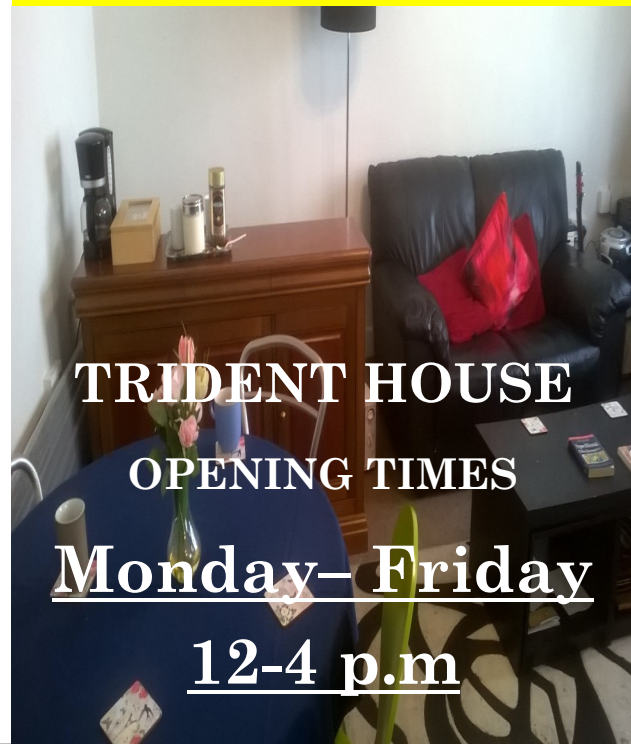
### For further information please:

Phone: 01822 613746

[Moodgym@makeadifferencetavistock.online](mailto:Moodgym@makeadifferencetavistock.online)

[www.makeadifferencetavistock.org](http://www.makeadifferencetavistock.org)

Or drop in to **Trident House** for a chat and a cuppa!



**TRIDENT HOUSE**  
**OPENING TIMES**  
**Monday– Friday**  
**12-4 p.m**

