

# Depression: Opening up a discussion

An introduction to  
talking therapies  
for people with  
depression

This talk will look at what depression is and explore some of the talking treatments available to promote recovery and stay well, including CBT and mindfulness.

**Tuesday 3 February, 4pm - 5pm**  
St John's College, St Giles, Oxford, OX1 3JP  
with Dr Melanie Shadbolt, clinical psychologist

This Health Matters talk is being held in partnership with Oxford University Student Union (OUSU).

All of our talks are free to attend however spaces are limited. To book your place please email: [eleanor.saunders@oxfordhealth.nhs.uk](mailto:eleanor.saunders@oxfordhealth.nhs.uk).

Light refreshments will be provided and the talk will include a Q&A.

Find out more about our Health Matters talks by visiting our website:  
[www.oxfordhealth.nhs.uk/events/](http://www.oxfordhealth.nhs.uk/events/)