

Depression is an illness, not a weakness

Visit your GP promptly
OR telephone the YANA
helpline for “off the record”
confidential support from
doctors or counsellors -
for those suffering from
depression or those
concerned about others

t: 0300 323 0400

e: johoey@yanahelp.org

w: www.yanahelp.org

You Are Not Alone

**Confidential
support for
those in
the farming
and rural
communities
of Norfolk
and Suffolk**

