



# LIGHTMind

**Would you like to try a practitioner-guided self-help course for depression that you can do at home?**

We are running a research project looking at whether self-help books for depression can be helpful. You will be given one of two self-help books and six support sessions with a trained practitioner to help you make the best of the book.

If you are eligible to take part, you will receive three £20 shopping vouchers

**Would you like to find out more?**

If you think you might be experiencing depression, are at least 18 years old and living in West Sussex please contact a member of the research team by phone on 07738 757 632 or by e-mail at [spnt.lightmind.sussex@nhs.net](mailto:spnt.lightmind.sussex@nhs.net)



The study has been approved by the London Surrey NHS Research Ethics Committee, and will be recruiting volunteers until July 2019