



Adolescents and carers using mindfulness Therapy to END Depression



Sussex Partnership
NHS Foundation Trust



WE ARE RECRUITING

- Young people aged between 15-18
- Currently experiencing low mood or depression
- Previously had help but still struggling
- Willingness to possibly participate in a new group-based mindfulness intervention
- £60 incentive

For more information, please get in touch:

✉ Email: Harrison.Ellis@nhs.net

☎ Call: [07886 589752](tel:07886589752)

🌐 Visit our website: attendstudy.org or scan this QR code to fill in a permission-to-contact form:

