**D**on't withdraw from life. Socialising can improve your mood. Keeping in touch with friends and family as this means you have someone to talk to when you feel low.

**Peom about betting depression**

Empathy there may be days that your mood is low and you don't feel like doing anything. Keep yourself active and mind busy.

**Pl**ease do not feel you are alone, professionals are waiting to help and support you.

**R**emember to take small steps each day

**E**vidence shows that excise can improve depression.

**S**o you need to face your fears

**S**ome people can lose their confidence in going out, driving or travelling.

**I** feel having a passion or interest can keep your mind occupied.

**O**pportunities can open up for you from having a passion or interest.

**N**ow you can beat depression and bring positivity back into your life.