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for survivors of
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moms. Seasonal
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(SAD)

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Most people are
treated for
depression by their
family doctor. The
doctor may suggest
self help (like this),
a talking therapy,

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Our colleagues at
Northumberland
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Trust have
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guides to cover a
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health issues.

These are available

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in several formats
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with practical
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understand who is
reading the guide
and develop
appropriate
strategies to reach
more women across
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Syndrome: a self-
help guide What is
Irritable Bowel
Syndrome (IBS)?
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syndrome (IBS) is
a common disorder
of the digestive
system. Its cause is
not known, but it
seems that the
symptoms are due
to an increased

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sensitivity of the
bowel. There is no
visible abnormality
in the bowel and no

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