

Supporting our work

Please complete this form if you would like to know more about or support our work

Name
Address
 Postcode
Email

I would like to:

Give a single gift of £25 £50 £100 Other £

You can make a single gift either by cheque, donating online or even just sending us a text!

By cheque Please make cheques pay able to 'Action on Depression'

Online Please visit www.actionondepression.org/donate

Donate by Text Send AODN 11 £5 to 70070

Set up a standing order:

To make a regular donation you can either set up a standing order with your own bank using our bank details (given below) or we can write to your bank manager and set it up on your behalf

To the manager of: Address
 Postcode
Bank sort code Account Number

Please pay Action on Depression, c/o Bank of Scotland, 38 St Andrew Square, Edinburgh, EH2 2YR (Sort Code 801100, Account No. 06078880) the sum of

£ Monthly starting on until further notice

With Gift Aid for every £1 you give Action on Depression can get an extra 25p from HM Revenue & Customs at no cost to you.*

I wish to treat all donations I make to Action on Depression as Gift Aid donations until I notify you otherwise. (Please Tick)

Signature Date

*You must pay an amount of UK income tax and/or Capital Gains Tax at least equal to the tax that we will reclaim on your donations.

Please return this form to: Action on Depression, 11 Alva Street, Edinburgh, EH2 4PH
Action on Depression will process your personal information for administration purposes, to further our charitable aims and to keep you updated with our work. We will not share your information with any other agencies or organisations.
Action on Depression is a registered charity, No. SC034740. Registered Company No. 255656. Registered office: 11 Alva Street, Edinburgh, EH2 4PH

Support Us

Help us take action on depression



**ACTION
ON DEPRESSION**
Scotland's national charity for depression

For help and support: Contact us 0808 802 2020
Visit www.actionondepression.org

**photo of model only

Formerly known as Depression Alliance Scotland, Action on Depression is the sole national charity working for people in Scotland affected by depression. We provide a range of support services that help people with depression to take the next steps along their individual paths to recovery. We also provide support to carers and families of people with depression.

About Depression

An estimated 1 in 5 of the population of Scotland will experience depression at some point in their lives. This means that all of us will probably know someone who has had depression or may experience it ourselves. Depression will affect us all in one way or another.

Depression is a very common illness, but unlike other common illnesses, such as asthma or diabetes, depression has a stigma attached to it, which can prevent many people with depression from seeking help. People with depression may also face other barriers to help with difficulty accessing services. Left untreated, symptoms of depression can worsen and in some cases may result in people taking their own lives.

Also, unlike many other illnesses, there is no one treatment that will work for everyone with depression. However, with the right help and support the majority of people can recover from depression.

How we can help

We offer a range of services that provide information on depression and emotional support to people along their own path to recovery.

Below is a summary of the services we offer:

- Telephone and email support
- Online self-help course with telephone support
- Online chat, forum and community
- Information resources and publications
- Group courses
- Campaigning and influencing policy
- Awareness Raising

How you can help

There are many ways you can support Action on Depression- just complete the form over the page to:

- Make a one off gift
- Make a regular monthly donation

This is what your donation can provide:

- **£100** pays for someone to attend a six-week course that teaches skills which can enable them to better manage their mood and mental well-being.
- **£50** can allow us to provide a live chat group to support young people in distress who find it easier to seek help online and might not reach out by other means.
- **£25** allows us to offer support on the telephone to someone who may be in crisis and in urgent need of our help and information.
- **£5** can send out a range of vital information and resources to six people across Scotland who want to know more about depression and how they can get better.



“

The community course has helped me deal with difficult aspects of my current life, as well as recognise negative patterns that I've had for a long time and implement techniques to change them.”

Have fun and support us

Looking for a way to meet new people, beat stigma and help us generate important funds? Why not get creative and organise a fundraising event for our charity with a difference? It could be anything from a fashion show to a highland fling or running a collection in your local supermarket! Alternatively why not take action on depression by running or cycling in a sponsored event. We can provide you with a fundraising pack including sponsor forms and an Action on Depression t-shirt. For a list of events visit our website www.actionondepression.org. All events will also provide an opportunity to raise awareness of depression with the general public and give others hope for recovery.

To discuss your ideas and chat about opportunities contact our fundraising team by emailing events@actionondepression.org or calling 0131 226 1803.