



Have you been depressed or experienced
low mood in the past?

Are you looking for ways to stay well?

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The AccEPT Clinic offers Mindfulness which is a
FREE NHS therapy.

Mindfulness teaches you self care skills and could
help you stay well after Depression.

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To find out more or refer yourself:

www.exeter.ac.uk/mooddisorders/acceptclinic/referral

Contact us: accept.clinic@nhs.net

Facebook: [@acceptclinic](https://www.facebook.com/acceptclinic) Instagram: [@acceptclinic](https://www.instagram.com/acceptclinic)

