

# The Carer's Forum Lowestoft

11<sup>th</sup> March 2016 - 10am to 4pm

A forum for those caring for people with mental health difficulties. All welcome!

10 to 10.30	Official Opening	Howard Tidman
10.30 to 11.15	Depression, what is it, what helps?	Dr Daniels
11.15 to 12.00	Obsessive Compulsive Disorder	Dr Kharbteng
12.15 to 1.00	What support is available for Carers?	Carers support agencies
1.00 to 1.45	Lunch	
1.45 to 2.30	Anxiety	Dr Munagapati
2.30 to 3.30	The Therapies available to help	Colin Harvey

## A One stop shop for benefits advice – Stalls from local services

There will be stalls from various organizations and charities explaining the services they provide and how to access them.

Free holistic therapies!

The Kirkley Centre, 154 London Road South, Lowestoft, NR330AZ

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