

beyond maturity blues

depression and older people

beyondblue:

the national depression initiative in partnership with COTA are working together to train CALD peer educators to present this important topic .

Italian speaking Peer Educators from COTA are able to deliver information sessions to your Italian group or club - free of charge.

To make a booking contact:
Seniors Peer Education Centre COTA NSW
Level 4, 280 Pitt Street
Sydney 2000
Tel 02 9286 3860

***beyondblue* info line**
1300 22 4636

www.beyondblue.org.au



- Depression is not a normal part of ageing.
- Depression is a health problem, not a weakness.
- Depression is a treatable illness.
- Information and support is available

