



Understanding Depression: Causes, Symptoms & Treatment *With Nick Allen - A Clinical Psychologist*



Nick Allen

- What Causes Depression?
- What are the different types of Depression?
- How does one know if they are suffering from Depression?
- How is stress related to Depression?
- What treatments are available for Depression?

Nick Allen, a Clinical Psychologist, will address these important questions to help us better understand the complex topic of Depression. Nick will also address the issue of 'Adolescent depression: Why families are still important for adolescents, and what they can do to help'.

Nick Allen is a Clinical Psychologist and Associate Professor at the Orygen Youth Health Research Centre and the Department of Psychology at the University of Melbourne. He holds research funding from the National Health and Medical Research Council, Australian Research Council, beyondblue (the Australian national depression initiative) and the National Institute of Mental Health (U.S.A.). He has published over 100 peer reviewed scientific articles and book chapters on these topics and authored 3 books.

Date: Sunday, August 16th

Time: 7:00pm - 9:30pm Cost: \$10

Venue: The Continental Hotel

1-21 Ocean Beach Road Sorrento

in 'The Harding Bar' with easy access from the rear car park.

Program Outline:

6:00pm	Vegetarian Soup & Bread Served (covered by entry fee)
7:00pm	Talk by Nick Allen
8:00pm	Questions & Answers from the audience
8:45pm	Close of Programme

For more information ring **Rev Hans Christiansen (03) 5985 4370**