



Flagging Depression: A Practical Guide

Harry Barry

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The fourth installment of Dr Harry Barry's best-selling Flagging series, Flagging Depression not only reaches out to those dealing with depression, but also their friends and family, offering vital assistance. With the current economic climate causing increased stress and depression in our day-to-day lives, mental health issues and higher suicide rates are a worrying trend. With a foreword by Paul Kelly of Console, Flagging Depression lays out a practical four step approach with particular emphasis on how to feel better, get better and stay well.

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