

World Mental Health Day

Free 15 minute consultations

Phone or drop in for discussion with **Gisela Norman**, acupuncturist and psychiatric nurse, on how she can help you with your mental health concerns on:

**Wed 8th Oct 1.30pm to 6pm
& Fri 10th Oct 9.30am to 1.30pm
at Park Lane Practice**

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- Depression affects 1 in 4 of us at some point in our lives
- The World Health Organisation predicts that by 2020 major depression will be the second biggest killer
- The cost of treating depression is now more than £9 billion a year in England
- The British Acupuncture Council's own survey found very high numbers of people sought acupuncture treatment for depression, anxiety and insomnia with stress following closely behind.
- A study showed that 70% of people treated with acupuncture experienced a 50% reduction in their symptoms