

# Depression and Anxiety Support Group

**Do you struggle with anxiety and/or depression?**

**Group therapy can help.**

Create personal change as you develop daily coping skills using some of the most effect strategies:

- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT) and
- Mindfulness Techniques

**Thursdays, 3-4 pm  
Starting January 26th  
UHCS Conference Room  
135 Forsyth Building**



Please note that this group is for NU students only.

Have questions? Want to register?  
Call: (617) 373-2772 option #1 ~ E-mail: [UHCS@neu.edu](mailto:UHCS@neu.edu)

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