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**Themes:** Mental Health, Specific Health Conditions

**Aimed at:** All People

DASH (Depression and Anxiety Self Help) A free local support group for people in the Bassetlaw area who suffer from depression and anxiety.

DASH (or Depression and Anxiety Self Help) is, as its name suggests, a self help group for anyone struggling with a mental health problem. Meetings are currently being held in the Denman Library, Retford, on Tuesday afternoons - 1.30pm-3.30pm

Members share their experiences and support each other through discussions and the exchange of helpful strategies. If you're interested in visiting to see if this group might help you, text Jason on 07974 628512 and he will get back to you.

**Area:** Bassetlaw

### **Contact Details**

Denman Library  
17 Churchgate  
DN22 6PE

07974 628512 - Jason

<https://www.life-publications.com/retford/dash-depression-and-anxiety-self-help/>

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