



WHERE DOES
THE ROAD
LEAD TO?

Sometimes recognising the signs of depression
is the start to taking back control and leading you down the right path.

Stumbling down
the wrong path
of **substance**
dependency?

Does your journey
leave you **feeling**
helpless?

Are you **lacking**
interest in things
you previously
enjoyed?

Is the **weight of**
the world on your
shoulders?

THESE COULD BE EARLY SIGNS OF DEPRESSION

**Do you want to explore the roads that
will lead you to thrive in your life?**

Choose the path that leads you there.

LET'S TALK ABOUT IT...

Call ICAS 0800 212 699 or download
the ICAS on-the-go app (code: FIR001)