

## Book, You're Not Alone When It comes to dealing with Mental Illness, depression.



## Location

## **South East, Kent**

<https://www.freeadsz.co.uk/x-441453-z>

Rita Osborn You can now find me on Amazon Author You're Not Alone! Booksrmco.yolasite.com Over 350 million Worldwide suffer from depression, and over 30,000 commit SUICIDE each year. It has become an epidemic in our country, depression does not discriminate, we all have had someone in our lives that suffer from depression, or some type of mental illness. Bipolar, major depression, Anxiety, post-traumatic stress disorder can all be difficult to live with, untreated depression can lead to suicidal thoughts. Get your copy of You're Not Alone! And save your love one's life, if not your own! By recognizing some of the signs and symptoms is half the fight, to often we hear people say, oh I didn't know he/she was depressed, but then it's to late!. Lets not let another person died due to this illness and lets stop sweeping this subject under the rug. It is just important as any other ailment. You can purchase your copy of, You're Not Alone! On <http://www.amazon.com> \$ 9.99 or at [booksrmco.yolasite.com](http://booksrmco.yolasite.com) \$15.95 with free shipping, US/ Canada \$22.50 plus.

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A QR code is located in the top left corner of the page. In the bottom right corner, there is a block of text with a small image of a book cover to its left. The book cover image is a black and white photograph of a book with a textured cover and a small gold emblem on the spine.



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