Bruce Telford - Mental Health is a group which provides a free online mental health programme called Survival Strategies for depression which provides practical strategies to improve and manage a persons mood, that everyone can access. In addition to this it offers a Face to Face Mental Health Education Programme called: feeling good ... it also provides general counselling services.

Details

- Email: bruce@brucetelford.com
- Phone: 0276307512
- Address: Wakatipu Medical Centre 11 McBride Street Frankton

Website

brucetelford.com

Downloads

- 3300_logo_V5.pdf