



Women Mentoring Women Talk: **Crawling Out of the Black Hole of Depression and Mental Illnesses**

September 27, 2018 ■ 11:00am-2:00pm ■ Dusit Thani Hotel Manila

Are you or a loved one suffering from depression? Traditionally, talking about depression and mental illness is taboo but with more people reaching out for help, it is high time we address the issue squarely. What triggers depression? What are the symptoms? How can we help out?

The Philippines is considered as one of the happiest countries in the world, but it also has the highest number of depressed people in Southeast Asia, with an average of seven suicides a day.

On **September 27 from 11am-2pm** at **The Dusit Thani Hotel Manila**, Women's Business Council Philippines brings together renowned Filipino psychiatrist Dr. Corazon Angela Cuadro, editor and writer Pam Pastor, and designer-wellness advocate Jean Goulbourn to shed light on this sensitive issue. **Join the conversation, and find out how you can help yourself or a loved one overcome this.**

To register, contact Russel Joy Rivera of WomenBizPH Secretariat at +63 906 667 5213, +632 666 0726 or email her at admin@womenbiz.ph. A minimal fee of **P2,500 per person** will be charged to cover lunch and expenses.