

# Knock Out Depression

## NEWSLETTER



## SURVEY RESULTS

Over 500 people have taken our survey revealing their experiences of depression. Included in the findings are:

- What prevents people from seeking help?
- What causes people's depression?
- What has been most helpful?

You can view the results and take the survey: [Click here.](#)

### Come Back Punching and Knock Out Depression

Building understanding to help win the fight against depression

Take the quiz

knock\***out** depression



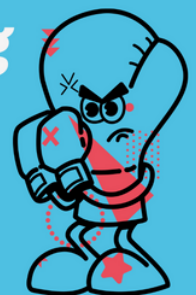
## KNOCKOUT WORKSHOP

Our practical mental health training really packs a punch. Get on the gloves for a real, relevant, and engaging way to understand and support better mental health. Perfect for workplaces and community groups. Contact Matthew if you would like to find out more about hosting a workshop.

## NEW MASTERCLASS

This month we have launched our new Come Back Punching free online masterclass. This 20-minute session introduces our unique '4 Punch Combination' approach to help knock out depression and feel like you again. [Click here to watch](#)

### Come Back Punching



knock\***out** depression

# Knock Out Depression

## NEWSLETTER



Knock Out Depression

DURATION: 05:30

## BBC RADIO TEES VISIT

We were visited by BBC Radio Tees at our community programme at Redcar Boxing Club in March. You can hear the interview with Matthew and one of the programme's participants: [click here.](#)

the sun it always rises  
shadows never stay  
persevere through the darkness  
night holds  
the promise of day

knock  out  
depression



## CONTACT:

Matthew Williams  
matthew@knockoutdepression.co.uk  
07885 217448

