

AN EVENING WITH PAUL RITCHIE

DEALING WITH DEPRESSION

Is it unspiritual to be depressed?

Faith, mental health and honest hope

An open evening for those struggling with
their mental health - and those supporting others.

SUNDAY, 1 NOVEMBER 2026

6:30 PM - 7:30 PM

COBH GREAT ISLAND

COMMUNITY CENTRE | P24 WP82



FREE ENTRY | ALL WELCOME

DEALING WITH DEPRESSION

Mental health, faith and honest hope

Speaking from his own experience of depression, anxiety and OCD, Paul Ritchie will address questions that people living with mental illness - and those around them - often ask.

This evening is for anyone experiencing depression or anxiety, and for friends or family who want to understand and offer support. Paul will also share the hope offered in the Christian message and answer questions from the audience.

PAUL RITCHIE



Paul is the husband of Caroline and father of Anya, Ronan and Sian. His own mental-health struggles led him to write *Is It Unspiritual to Be Depressed?* He is also a devoted Munster Rugby fan and enjoys pitch and putt.

QUESTIONS WELCOME

Free entry - all are welcome

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