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5th International Conference on

Depression, Anxiety and Stress Management

April 25-26, 2019
London, UK



SCIENTIFIC PROGRAM

DAY 1
Thursday, 25th April

08:30-09:00 **Registrations**

09:00-09:30 **Introduction**

09:30-09:50 COFFEE BREAK

09:50-11:50 Meeting Hall 01 **KEYNOTE LECTURES**

11:50-13:10

MEETING HALL 01	MEETING HALL 02
Talks On:	**Talks On:**
Suicide Prevention	Sexual Abuse and Substance Use Disorders
Post-Traumatic Stress Disorder	Panic Disorder and Trauma
Depression	Stress and Insomnia
Work Stress	Anxiety Disorders

13:10-13:15 GROUP PHOTO

13:15-14:00 LUNCH BREAK

14:00-16:00

MEETING HALL 01	MEETING HALL 02
Talks On:	**Talks On:**
Child and Adolescent Mood Disorders	Stress Therapies
Mindfulness for Mental Wellbeing	Yoga and Holistic Health
Managing Stress	Psychopharmacology
Autistic Spectrum Disorder	Phobia and its Treatment
Social Support and Health	Personality Disorders
Depression Treatment	Mental Illness

16:00-16:20 COFFEE BREAK

MEETING HALL 01 (16:20-17:00)	MEETING HALL 01 (17:00-18:00)
Young Researchers in Depression, Anxiety and Stress Management	**Workshop**

DAY 2
Friday, 26th April

09:00-10:30 Meeting Hall 01 — **KEYNOTE LECTURES**

10:30-10:50 COFFEE BREAK

10:50-12:50

MEETING HALL 01	MEETING HALL 02
Talks On:	**Talks On:**
Stress Therapies	Child and Adolescent Mood Disorders
Psychopharmacology	Yoga and Holistic Health
Managing Stress	Stress and Insomnia
Personality Disorders	Mindfulness for Mental Wellbeing
Depression Treatment	Mental Illness

12:50-13:35 LUNCH BREAK

13:35-15:55

MEETING HALL 01	MEETING HALL 02
Talks On:	**Talks On:**
Anxiety Disorders	Depression
Autistic Spectrum Disorder	Social Support and Health
Panic Disorder and Trauma	Suicide Prevention
Sexual Abuse and Substance Use Disorders	Work Stress
Phobia and its Treatment	Post-Traumatic Stress Disorder

15:55-16:15 COFFEE BREAK

MEETING HALL 01 (16:15-17:00)	MEETING HALL 01 (17:00-18:00)
Poster Presentations	Workshop

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Glimpses of Stress 2018











