KEEPING STRONG

Sometimes people feel broken and very sad

If you feel some of these things for more than two weeks, you may have depression — but you don’t have to feel this way:

- Feel tired?
- Don’t enjoy things you used to?
- Have trouble sleeping?
- Feel like hurting yourself or think of dying?
- Spend lots of time on your own?
- Hard to think or concentrate?
- Don’t enjoy things you used to?
- Spend lots of time on your own?
THERE ARE MANY WAYS TO FIND HELP AND HEALING

WHAT COMMUNITIES CAN DO

Traditional or spiritual healing
Links and support with other families
Community education and activities
Cultural and traditional activities

WHAT FAMILY AND FRIENDS CAN DO

Keep the family spirit strong
Help the person to find healing
Organise family activities

WHAT YOU CAN DO

Keep in touch with people
Seek help to strengthen your spirit
Avoid using alcohol and drugs to feel better
talk to someone you know
talk kindly to yourself
see a doctor, health worker or counsellor

Talk to someone you know and trust
Sometimes people feel broken and very sad inside.

When all the parts of a person are together they feel strong.

Strength and well-being can come from your family, friends and community.

If you feel broken or very sad, there are many types of support and healing available.

To feel strong again can take time, but small steps can lead to big changes.

With the right help, most people can feel stronger inside.

For more information: www.beyondblue.org.au
beyondblue info line 1300 22 4636