KEEPING STRONG

Sometimes people feel broken and very sad

Don’t enjoy things you used to?

Spend lots of time on your own?

Have trouble sleeping?

Feel tired?

Feel like hurting yourself or think of dying?

Hard to think or concentrate?

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
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 you can do
- Seek help to strengthen your spirit
- Avoid using alcohol and drugs to feel better
- Talk kindly to yourself
- Talk to someone you know and trust
- See a doctor, health worker, or counsellor
- Keep in touch with people
- Spend time together
- Organise family activities

What family and friends can do
- Help the person to find healing
- Keep the family spirit strong
- Listen and provide support
- See a doctor, health worker, or counsellor
- Keep in touch with people
- Spend time together
- Organise family activities

Keep in touch with people
See a doctor, health worker, or counsellor
Talk kindly to yourself
Talk to someone you know and trust
Avoid using alcohol and drugs to feel better
Seek help to strengthen your spirit
Listen and provide support
Help the person to find healing
Keep the family spirit strong
Sometimes people feel broken and very sad inside.

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

Strength and wellbeing 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
Beyond Blue Support Service 1300 22 4636