

# KEEPING STRONG

Sometimes people feel broken and very sad

Don't enjoy things you used to?

Spend lots of time on your own?

Feel tired?

Have trouble sleeping?

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**



Listen and  
provide  
support

Keep the  
family spirit  
strong

Seek help to  
strengthen  
your spirit

Avoid using  
alcohol and  
drugs to feel  
better  
Talk to  
someone  
you know  
and trust

Keep in touch  
with people

See a doctor,  
health worker  
or counsellor

Talk  
kindly to  
yourself

**WHAT  
FAMILY  
AND FRIENDS  
CAN DO**

Help  
the person  
to find  
healing

Spend  
time  
together

Organise  
family  
activities

**WHAT  
COMMUNITIES  
CAN DO**

Traditional or  
spiritual healing

Links and  
support with  
other families

Community  
education  
and activities

Cultural and  
traditional  
activities



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](http://www.beyondblue.org.au)  
*beyondblue* info line 1300 22 4636