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.
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
- Listen and provide support
- Seek help to strengthen your spirit
- Avoid using alcohol and drugs to feel better
- Talk to someone you know and trust
- See a doctor, health worker or counsellor
- Talk kindly to yourself
- Spend time together
- Organise family activities
- Help the person to find healing
- Keep the family spirit strong
- Keep in touch with people
- Avoid using alcohol and drugs to feel better
- Talk to someone you know and trust
- See a doctor, health worker or counsellor
- Talk kindly to yourself
- Spend time together
- Organise family activities
- Help the person to find healing
- Keep the family spirit strong
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WHAT FAMILY AND FRIENDS CAN DO
- Avoid using alcohol and drugs to feel better
- Talk to someone you know and trust
- See a doctor, health worker or counsellor
- Talk kindly to yourself
- Spend time together
- Organise family activities
- Help the person to find healing
- Keep the family spirit strong
- Keep in touch with people
- Avoid using alcohol and drugs to feel better
- Talk to someone you know and trust
- See a doctor, health worker or counsellor
- Talk kindly to yourself
- Spend time together
- Organise family activities
- Help the person to find healing
- Keep the family spirit strong
- Keep in touch with people
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