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 like hurting yourself or think of dying?

Feel tired?

> 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

Keep in touch with people See a Seek help to doctor, health strengthen worker or WHAT your spirit counsellor **YOU CAN** DO Talk Avoid using kindly to alcohol and Talk to yourself drugs to feel someone better you know 🛀 and trust

> WHAT FAMILY AND FRIENDS CAN DO

Keep the family spirit strong

Listen and

provide

support

Help the person to find healing Organise family

Spend

time together

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 beyondblue info line 1300 22 4636





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