

# 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

## WHAT COMMUNITIES CAN DO

Traditional or  
spiritual healing

Links and  
support with  
other families

Community  
education  
and activities

Cultural and  
traditional  
activities

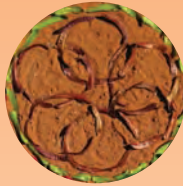




Sometimes people feel broken and very sad inside.



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