

# 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



Keep in touch with people

Seek help to strengthen your spirit

See a doctor, health worker or counsellor

## What you can do

Avoid using alcohol and drugs to feel better

Talk kindly to yourself

Talk to someone you know and trust

Listen and provide support

Spend time together

## What family and friends can do

Keep the family spirit strong

Help the person to find healing

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 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](http://www.beyondblue.org.au)  
Beyond Blue Support Service **1300 22 4636**