People who are depressed are people who are feeling very sad inside.

These things can cause depression:

- Poor physical health
- Loss or bereavement
- Stress
- Too much Alcohol or Gunja or other drugs
- Family History
- Stopping usual treatment
- Breaking law

They might:

- Think of dying
- Don’t eat much
- Feel guilty
- Walk round all night
- Cry for no reason
- Sit down alone
- Sit down alone

Why am I depressed?
What change helps if you are depressed or very sad inside?

**OUTSIDE CHANGES**
- Family, Elders
- Traditional healer
- Clinic Mob
- Mental Health Mob
- Antidepressant tablets with dosette or Webster pack
- Hunting, fishing, dance
- Going to country
- Stopping gunja, alcohol or other drugs

**INSIDE CHANGES**
- Know about treatment
- Remember totems, family, elders
- Think with your head not with your heart

How do you make change?

Everyone can make change - when they are ready
There are lots of different ways to change
Telling people they SHOULD change doesn’t help
Letting them know you think they CAN change does help
Everyone changes in his or her own time
Small steps can lead to big changes

This information sheet is produced by AIMHI NT 2005 (updated 2008.)
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