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

Why am I depressed?

They might:
- Sit down alone
- Think of dying
- Feel guilty
- Walk round all night
- Cry for no reason
- Not eat much
- Sit down alone
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. We invite your feedback and comments.
0889227706