

DEPRESSION

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

What is Depression?



THEY MIGHT



Think of dying

Feel guilty



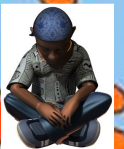
Don't eat much

Walk round all night



Cry for no reason

Sit down alone



Why am I depressed?



These things can cause depression:

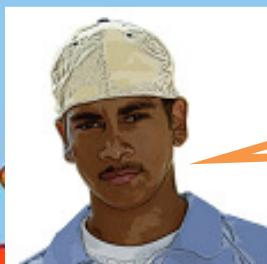


Poor physical health
Loss or bereavement
Stress



Too much Alcohol or Gunja or other drugs
Family History
Stopping usual treatment
Breaking law





**What change helps if
you are depressed or
very sad inside?**

OUTSIDE CHANGES

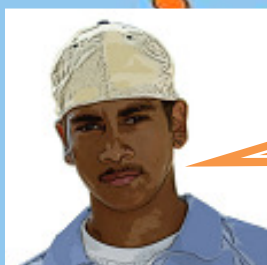
**Family, Elders
Traditional healer
Clinic Mob
Mental Health Mob
Antidepressant tablets
with dosette or Webster
pack
Hunting, fishing, dance
Going to country
Stopping gunja, alcohol or
other drugs**

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.)
We invite your feedback and comments.
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