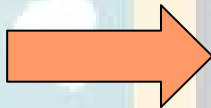


What is Depression?

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



THEY MIGHT



Not eat much



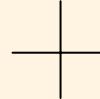
Walk round all night



Cry for no reason



Feel guilty



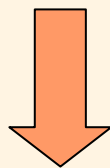
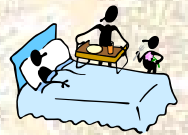
Think of dying



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

AIMHI
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This information sheet is produced by AIMHI NT - 2005. We invite your feedback and comments.

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