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.

What communities can do:
- Traditional or spiritual healing
- Links and support with other families
- Community education and activities
- Cultural and traditional activities

What you can do:
- Seek help to strengthen your spirit
- Listen and provide support
- Keep in touch with people
- Spend time together
- Avoid using alcohol and drugs to feel better
- Talk kindly to yourself
- See a doctor, health worker or counsellor
- Help the person to find healing
- Organise family activities
- Keep the family spirit strong
- Keep in touch with people

What family and friends can do:
- Avoid using alcohol and drugs to feel better
- Help the person to find healing
- Organise family activities
- Keep the family spirit strong
- Keep in touch with people
- Spend time together
- Talk kindly to yourself
- Seek help to strengthen your spirit
Sometimes people feel broken and very sad inside.

When all the parts of a person are together they feel strong.

Strength and well-being 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)  
beyondblue info line 1300 22 4636