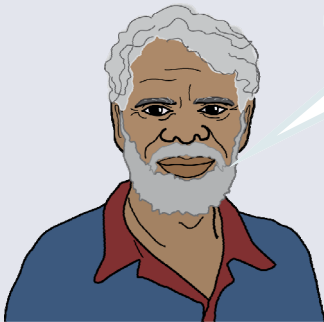


Depression

Depression is not a normal part of getting older

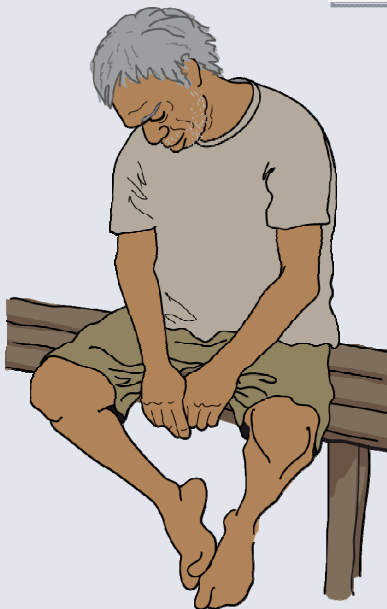


What is depression?

People who are depressed are people who are feeling very sad inside —making them feel no good most of the time

They might:

- Think of dying
- Be tired all the time
- Feel guilty
- Cry for no reason
- Not look after themselves
- Sit down alone



These things can cause depression:

- Illness and pain
- Grief and loss
- Too much grog
- Family history
- Side effects of medicines
- Going to hospital
- Moving to an old people's home

What might help:

- Clinic nurse or clinic doctor
- Seeing a counsellor or psychologist for talking therapy
- Antidepressant medicine
- Talking to family or a friend who understands
- Traditional healer
- Going back to country
- Stopping grog

What can help?



Developed in collaboration with the Menzies Aboriginal and Islander Mental health initiative (AIMhi) info@menzies.edu.au



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