



Depression

Do you, or does someone you know, have depression?

You may be depressed if, for more than **two** weeks, you've:-

- ☹️ felt sad, down or miserable most of time
- ☹️ lost interest or pleasure in most of your activities
- ☹️ found it hard to sleep
- ☹️ found it hard to eat regularly or concentrate
- ☹️ struggled to "hold it together"
- ☹️ found it hard to feel hopeful; or
- ☹️ felt that life isn't worth living

If you are experiencing some of these symptoms, and especially if you feel life isn't worth living, it's time for immediate action.

Talk to your GP, Counsellor, tell a friend or call 24/7 Lifeline on 131114 and Mental Health 131465.