



DEPRESSION

FEELING REAL LOW? LET'S YARN ABOUT DEPRESSION YOU MOB.

Are you or someone you know feeling real low, or carrying a heavy load? You're not on your own. When our spirit is really sad, some call it depression. It's not just small cries when times are tough. 1 in 6 Australians, including us mob, can feel it in their lives.

What is Depression?

Depression is a deep sadness that sticks around for weeks, months or even years. Sometimes, we don't realise we're carrying it, or we don't yarn about it. But always remember, like a long night, it can end. With the right support, you can begin healing your way for a better life.

WHAT MAKES OUR SPIRIT SAD?

Many things can bring on depression. They include:

Hard Times: Things like losing someone you love, or losing your job can start depression. It's often bigger if other worries like having no work for a long time, money troubles, or tough relationships are already there.

Family Links: If depression has been in your family, you might be more likely to feel it too, but it doesn't mean that you definitely will.

How We Are: Some of us, with our own ways, might feel depression more.

Grog and Drugs: These can start depression, but depression can also make us use these more.

The things that cause depression aren't fully clear. Our knowledge says that it comes from a mix of personal problems and hard times in life.



13 YARN
"Our Story, Our Healing"

www.13yarn.org.au



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SPOTTING WHEN OUR MOB'S SPIRIT IS SAD: SIGNS AND SYMPTOMS

Depression can look different for different people.

Some signs are:

- Feeling sad, flat, or low most of the time (for two weeks or more)
- Losing joy in things you used to love (for two weeks or more)
- Feeling tired, no energy or motivation
- Feeling grumpy, frustrated or kicking off
- Using more grog and drugs
- Changes in your weight or how much you want to eat
- Trouble sleeping or sleeping too much
- Feeling worthless or guilty
- Feeling restless, slowed down or jumpy
- Trouble focusing or making decisions
- Thinking a lot about death or suicide

Everyone feels some of these feelings at times. But with depression, these feelings stick around and can stop you from doing everyday things.

FACING OUR SAD SPIRIT: DEALING WITH DEPRESSION

Depression is an illness that can get worse if we don't yarn about it. Here are some helpful ways to begin:



Yarn with Someone You Trust: Whether it's mob, an Elder, a counsellor, minister, or a crisis line, talking can help you understand your situation and find a path forward.



Yarn with Your Doctor: Let them know how you're feeling. They can also check your body to see if anything else might be making you feel bad. They can link you up with a psychologist, Aboriginal mental health worker or other health worker(s).

Treatment

Different treatments can help a lot to heal us from depression:



1. One-on-one Yarning: A doctor, psychologist, Aboriginal mental health worker or health worker can yarn with you about what you're feeling and help you find new ways to think and cope.



2. Prescribed Medication: If the sadness you feel is real deep, go to your local health service to see a doctor because prescribed medication may be an option for you. Remember to always follow the guidance of your trusted health professional.



3. SEWB Community Support Programs: These can give information in helping you to find:

- a place to live
- work
- training and education
- group support; and
- understanding from the community



4. Lifestyle changes: Making changes in your life can help, especially when you first notice the sadness. Things like moving your body, planning good times, enjoying country, and connecting with other mob can help.



5. Living Deadly: Eat good tucker, move your body, and sleep plenty. Even if you don't feel like it, take time to relax and do things you enjoy.



6. Understand Your Feelings: Notice the changes in your feelings and what makes you feel good or bad. You could even write it down to take to your trusted health professional. This can help stop the cycle of bad thoughts.



7. Stay Safe: If you're feeling like you can't go on, thinking about harming yourself, or thinking about dying, yarn with someone to get help straight away.

Always remember: 13YARN is here to yarn to, anytime. Reach out to us at **13 92 76** or go to www.13yarn.org.au The shadow of depression might be long, but together, we can walk towards the light.



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