

## Make a Difference

**Donate:** make a donation online.

**Fundraise:** join an event, start your own or get your workplace involved!

**Volunteer:** become a trained presenter or assist at our events.

**Share:** Let's de-stigmatise mood disorders together.



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## Where to Find Help

If you or someone you know is suffering extreme distress and needs urgent assistance, call **000** or **Lifeline on 13 11 14**, or go to a hospital emergency department.

Your GP can be a good starting point, but if you don't feel they are helping, don't be afraid to change health professionals.

For information, fact sheets, self-help tools and self-tests visit our website at

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



**Black Dog  
Institute**

## Give Depression the Fingers



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Institute**

## About Black Dog Institute

The Black Dog Institute is internationally recognised as a pioneer in the diagnosis, treatment and prevention of depression, bipolar disorder and suicide.

We are world leaders in online mental health tools and initiatives.

Our unique approach combines cutting edge research with clinical services, innovative treatments and education programs.



## How to Help Someone

1. **Ask:** be supportive and ask, "are you ok?"
2. **Listen:** take what they say seriously, let them know you care.
3. **Respect:** their point of view. Let them know help is available.
4. **Encourage:** suggest they talk to a GP, friend or relative.
5. **Follow up:** make a time to check in on them.
6. **Take care of yourself:** helping someone can be demanding.



## Symptoms of Depression

- Feeling sad or angry?
- Changes in sleep patterns?
- Low motivation to do things that matter?
- Feeling pessimistic or hopeless?
- Changes in appetite or weight?
- Not able to enjoy life?
- Poor concentration and memory?
- Increased alcohol or drug use?

We all experience periods of feeling down, but if you find any of these symptoms last longer than 2 weeks, it's best to talk to your GP.