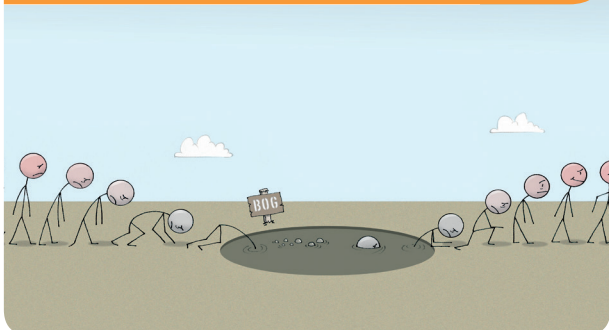


Getting help



Emergency help

Australia: Call 000 or Lifeline 13 11 14

NZ: Call 111 or Lifeline 0800 543 354

Or go to a hospital emergency department.

Professional help

Your GP is a good starting point for learning about mental illness and available treatments. Your GP may refer you to a psychologist, psychiatrist or counsellor.

Other support

- **Friends and family**
- **Counselling services and forums**
 - Lifeline - lifeline.org.au
 - Beyond blue - beyondblue.org.au
 - Headspace - eheadspace.org.au
 - Kids helpline - kidshelpline.com.au
 - Mens line - mensline.org.au
- **Online resources & mobile apps by Black Dog**
 - blackdoginstitute.org.au
 - mycompass.org.au
 - biteback.org.au
 - Black Dog Snapshot - Google Play & App Store

How to help someone

1. **Ask**
Be supportive and ask "are you OK?"
2. **Listen**
Take what they say seriously.
Let the person know you care.
3. **Check their safety**
If you are really worried don't leave them alone.
4. **Get help**
Encourage the person to seek help.
5. **Follow up**
Make a time to check in on them.
6. **Take care of yourself**
Helping someone can be demanding.

For more information
visit www.blackdoginstitute.org.au



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Why do I feel this way ...



- **sad, exhausted or angry**
- **alone and isolated**
- **lacking the interest to do things**
- **taking risks**
- **using alcohol or other drugs.**



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Understanding depression

We all have good and bad days, and can feel down or depressed for no reason. But if you have these feelings most of the time it's important to seek help, so you can start to feel better.

Signs of depression

People often describe depression as:

- feeling sad, angry, exhausted and/or anxious
- low motivation to do things that matter
- changes in sleep patterns
- changes in appetite or weight
- not being able to enjoy life
- poor concentration and memory
- increased alcohol or drug use
- feeling bad about yourself
- feeling isolated and alone.

When should I seek help?

If any of these signs of depression last longer than two weeks you should talk to your GP, a friend or relative.

There are many different types of depression and some can go away by themselves, but others require treatment. Seeing your GP will help you learn about depression and treatment options. Treatment for depression may include exercise, therapy, counselling and/or medication.

You can start to feel better by seeking help.

Preventing suicide

Many people have suicidal thoughts to end their pain, but with help they can work through those thoughts and stay safe.

Help is available

If your life is in danger call emergency services:
Australia = 000 / New Zealand = 111

You are not alone. There is always someone to hear your pain and to help you keep safe.

- Contact Lifeline (Counselling 24/7)
Australia 13 1114 / New Zealand 0800 543354
- Talk to someone you trust.
- Visit the hospital emergency department.
- Contact your GP, a counsellor, psychologist or psychiatrist.

Suicide risk warning signs

You may be able to prevent a suicide by recognising the warning signs in someone and supporting them to seek help. It's important to know that while some people **do** speak about their thoughts or they may self-harm, others **don't**. You may need to look for subtle changes in behaviour such as:

- changes to sleep – too much or too little
- withdrawal from friends and family
- loss of interest in everything
- changes in self-care (eating, hygiene, etc)
- saying things like 'there's no point'; 'everyone would be better off without me'; 'there's nothing to live for'; 'I feel lost'
- increase in alcohol and other drug use
- increased irritability, moodiness or easily upset
- uncharacteristic risk taking
- putting affairs in order, giving things away, saying goodbye to family and/or friends.

About the Black Dog Institute

The Black Dog Institute is internationally recognised as a pioneer in the identification, prevention and treatment of depression, bipolar disorder and anxiety, as well as a leader in suicide prevention programs.

We aim to improve the lives of people affected by mental illness through:

- cutting edge research
- innovative treatments - clinical services, online programs and mobile apps
- training for health professionals
- awareness programs for schools, communities and workplaces.

For more information visit
www.blackdoginstitute.org.au

