

# DEPRESSION

can feel like being  
stuck in the depths  
of an ocean....

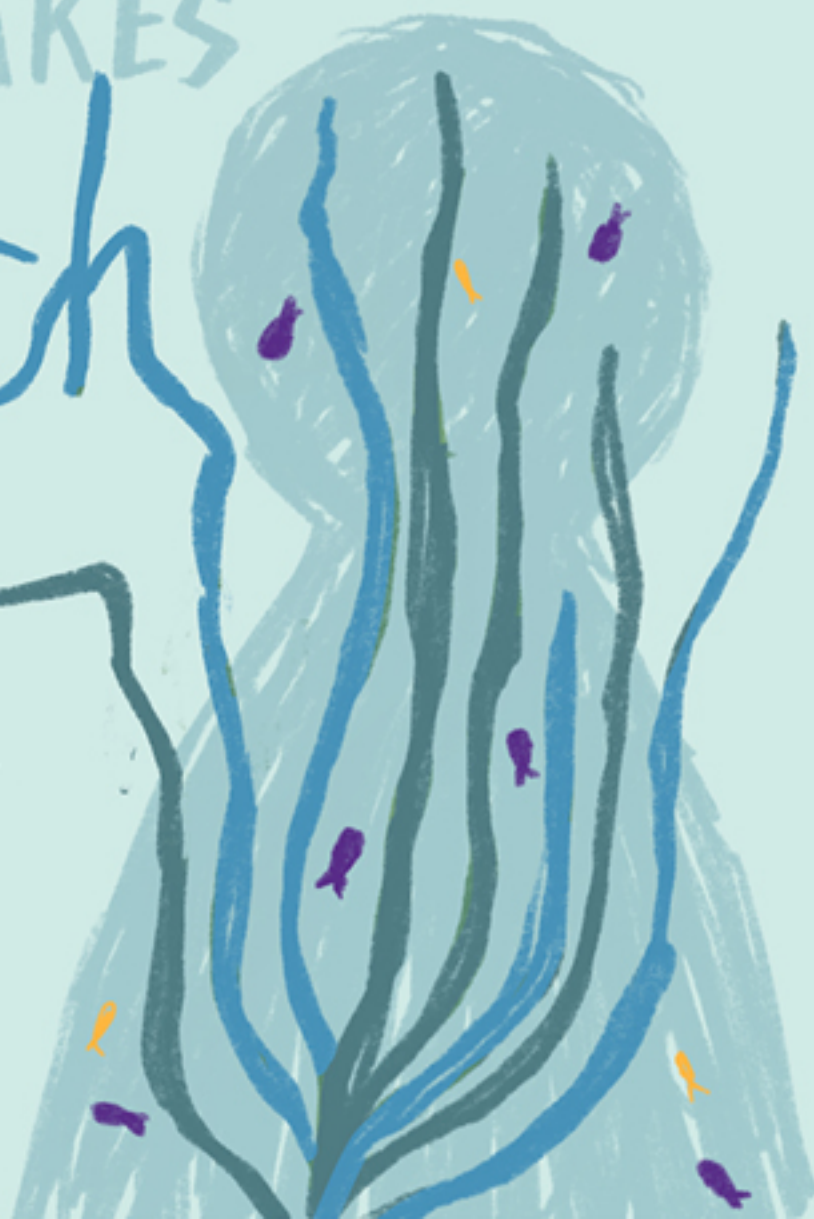


Breath IS Hope

AND IT TAKES

SOMuch  
effort

TO GRASP  
SOME...





THE  
**DARKNESS**

MAY FEEL LIKE AN ABYSS OF  
LONELINESS AND FEAR...

*LIGHT*

MAY SEEM LIKE A DISTANT  
MEMORY MAKING IT DIFFICULT  
FOR US TO REACH OUT FOR HELP...



But, EVERY BREATH  
we grasp is an  
ACHIEVEMENT & is  
a reminder to  
many others THAT,  
THERE is  
A SKY





**Supporting  
a sister  
through  
Depression...**



# SUPPORTING A SISTER THROUGH DEPRESSION

Be there for them

Listen; do not advise

Acknowledge their resilience

Offer them helpful resources eg. Beyond Blue, Lifeline, mental health practitioners

Ask if they would be willing to talk to someone, then help them make an appointment or offer to drive them there

Check in on them and their feelings often



# THINGS YOU CAN SAY TO SOMEONE EXPERIENCING DEPRESSION

"I'm here for you 100%"

"I really do care about you."

"You add so much value to my life! I'm lucky to have you in my life because you are....."

"Your resilience despite the situation is inspiring!"

"I don't understand what you are going through but if you wish to talk, know that I will always be here to listen"

"How are you really feeling?"

"How can I support you?"



FOR ME **DEPRESSION** WAS LIKE WAKING UP IN A DARK WINTER NOT REALIZING WHEN THE SEASONS CHANGED.



BUT,

**DEPRESSION IS GRADUAL  
AND SUBJECTIVE.**

HERE'S HOW WE CAN **IDENTIFY  
SOME COMMON SIGNS...**



## SOME COMMON SIGNS OF DEPRESSION

### **Feeling...**

Worthless

Hopeless

Overwhelmed

Sad

Guilty

Anxious

Disappointed

Low self esteem



## SOME COMMON SIGNS OF DEPRESSION

### **Thoughts...**

"It's my fault"

"I have nothing to offer"

"I'm a failure"

"Nothing in my life is good"

"My life will always be miserable"

"There is no hope for me"

"People in my life don't need me and they would be better off without me"

"There is no point in living"



## SOME COMMON SIGNS OF DEPRESSION

### **Behaviour...**

Withdrawn from friends and family

Not doing activities that would usually bring joy within

Not going out anymore

Unable to complete daily tasks

Unable to concentrate

Use of alcohol and drugs to cope with feelings of loneliness, hopelessness etc.





## SOME COMMON SIGNS OF DEPRESSION

### **Physical...**

Not eating or eating too much

Lack of sleep or excessive sleep

Headaches and muscle pains

Sick very often

Tired all the time

Loss of energy or lethargic very often

Sudden significant weight loss or gain



**REMEMBER:** We all experience some of these symptoms from time to time but it may not necessarily mean that we are depressed.

Also, not everyone who is experiencing depression will necessarily have all of these symptoms.

Depression can feel different from person to person.

Depression is isolating but you are not alone and you don't have to go through it alone.





**Reaching out for help can  
break the wall of isolation  
that depression builds up**

**How to tell a loved one  
that you're experiencing  
depression....**



## HOW TO TELL A LOVED ONE THAT YOU'RE EXPERIENCING DEPRESSION

Writing down your feelings and what you want to say helps you to organize your thoughts

Have the conversation in person if possible

Start somewhere but you are under no obligation to share everything at once

Try to be as honest about your thoughts and feelings as you can

Guide them on how they can support you

Most importantly, if you receive a negative response, remember that it is not your fault.





**How do you experience  
moments of joy among  
the darkness?**



It is okay to feel up and down a little without necessarily experiencing depression.

When we're on a plane, we may not notice but the plane is constantly going up and down a little and that's okay because for the most part, the plane is traveling forward in the right direction.






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If you think you or someone you know may be experiencing depression, please consider accessing...

**Lifeline, Beyond Blue** - Crisis and Mental Health Support organizations

**Beyond Blue K10 Depression Checklist**

- Not a diagnosis. Provides better understanding of how you're feeling. Guides you to the next steps.

**Ethni Conversations** - A safe space to talk about life and find a support system