Depression is not a normal part of getting older

People who are depressed are people who are feeling very sad inside — making them feel no good most of the time

They might:
- Think of dying
- Feel guilty
- Not look after themselves
- Be tired all the time
- Cry for no reason
- Sit down alone

These things can cause depression:
- Illness and pain
- Grief and loss
- Too much grog
- Family history
- Side effects of medicines
- Going to hospital
- Moving to an old people’s home

What might help:
- Clinic nurse or clinic doctor
- Seeing a counsellor or psychologist for talking therapy
- Antidepressant medicine
- Talking to family or a friend who understands
- Traditional healer
- Going back to country
- Stopping grog

What is depression?

What can help?

Developed in collaboration with the Menzies Aboriginal and Islander Mental Health initiative (AIMhi) info@menzies.edu.au

Produced in 2013 by:
Western Australian Centre for Health Ageing
Australian Government
NARI National Health and Medical Research Council
Illustrations by JACKS