

Depression



Depression is when you feel **sad** and **down** for many weeks.



Depression makes it **hard to do things** like have fun, work, sleep and eat well.



Sometimes depression can make you feel like you **don't want to live**.



If you feel depressed, talk to someone you trust or ask your **doctor** for help.



If you feel like you don't want to live, **go to the hospital**.



Visit our website qld.gov.au/deafness-mental-health



Text or call us on **0427 598 076**



Email us at deafness_mhs@health.qld.gov.au

If you need help, email or text us. You can also ask your doctor, family or carer to call us.



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