

One of the  
biggest indicators  
for DEPRESSION is  
the loss of joy.



Get help. Be helped. Have hope.

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



**Black Dog**  
Institute

Having a mood disorder  
is an illness - not a sign  
of weakness.



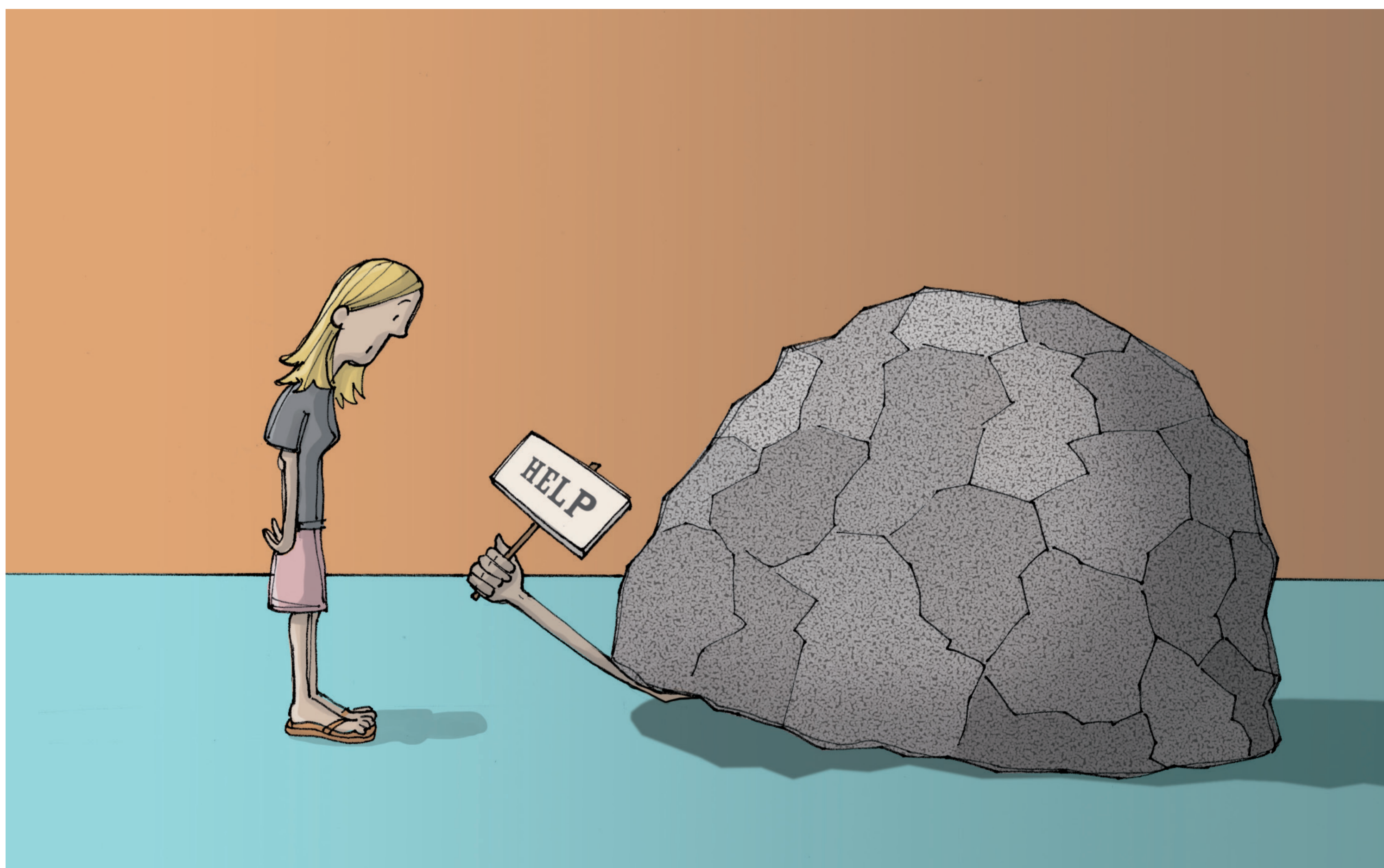
Tackle stigma with empathy, support  
and understanding.

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If you're having a  
difficult time,  
never be afraid to put  
your hand up.



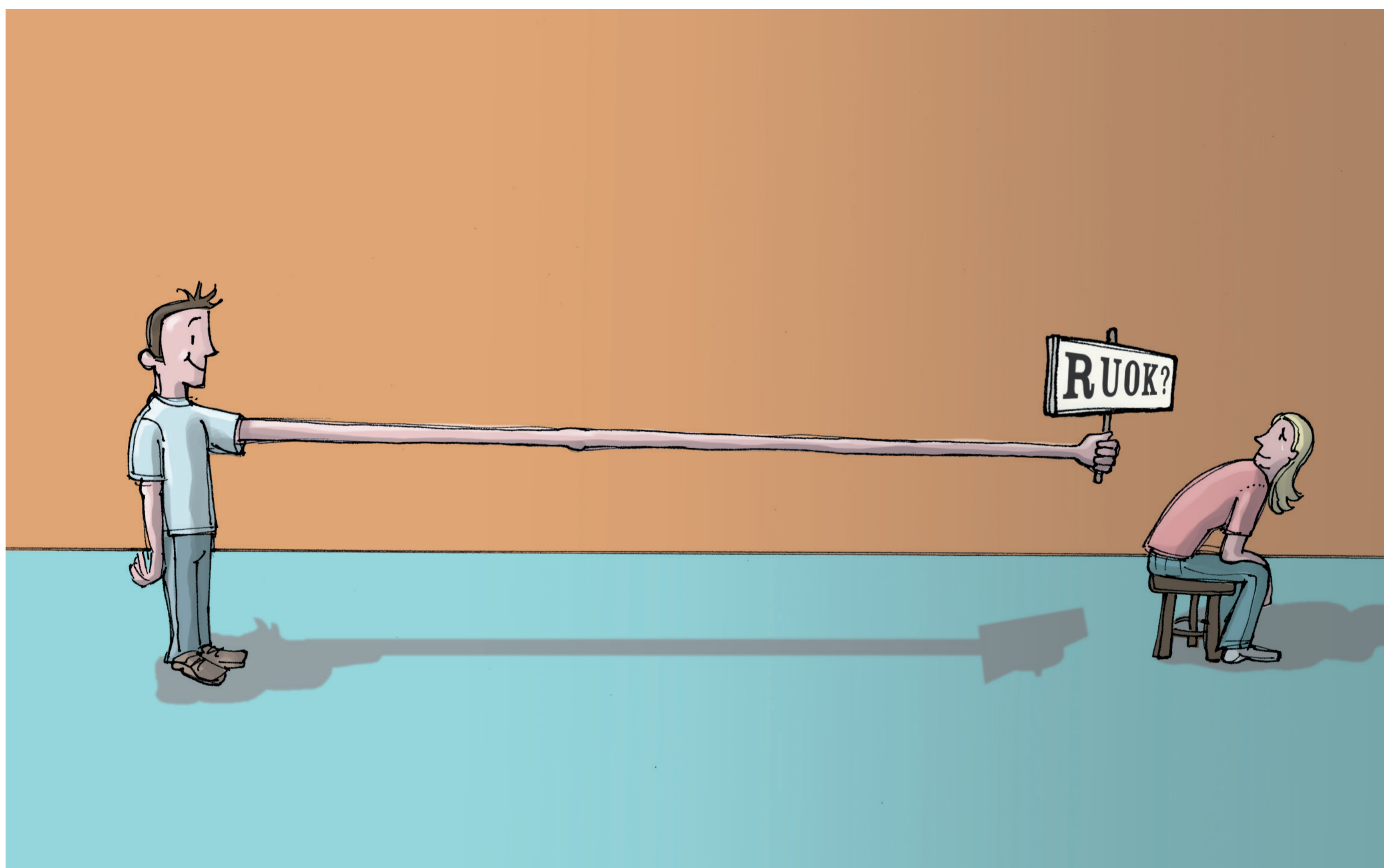
Get help. Be helped. Have hope.

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# The simplest act of caring can turn a life around.



If you're worried about someone  
reach out and give hope.

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# Real face time has far more benefits than Facebook.



Talk to someone who talks back today!

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When good sleep goes,  
so does everything that  
depends on it.



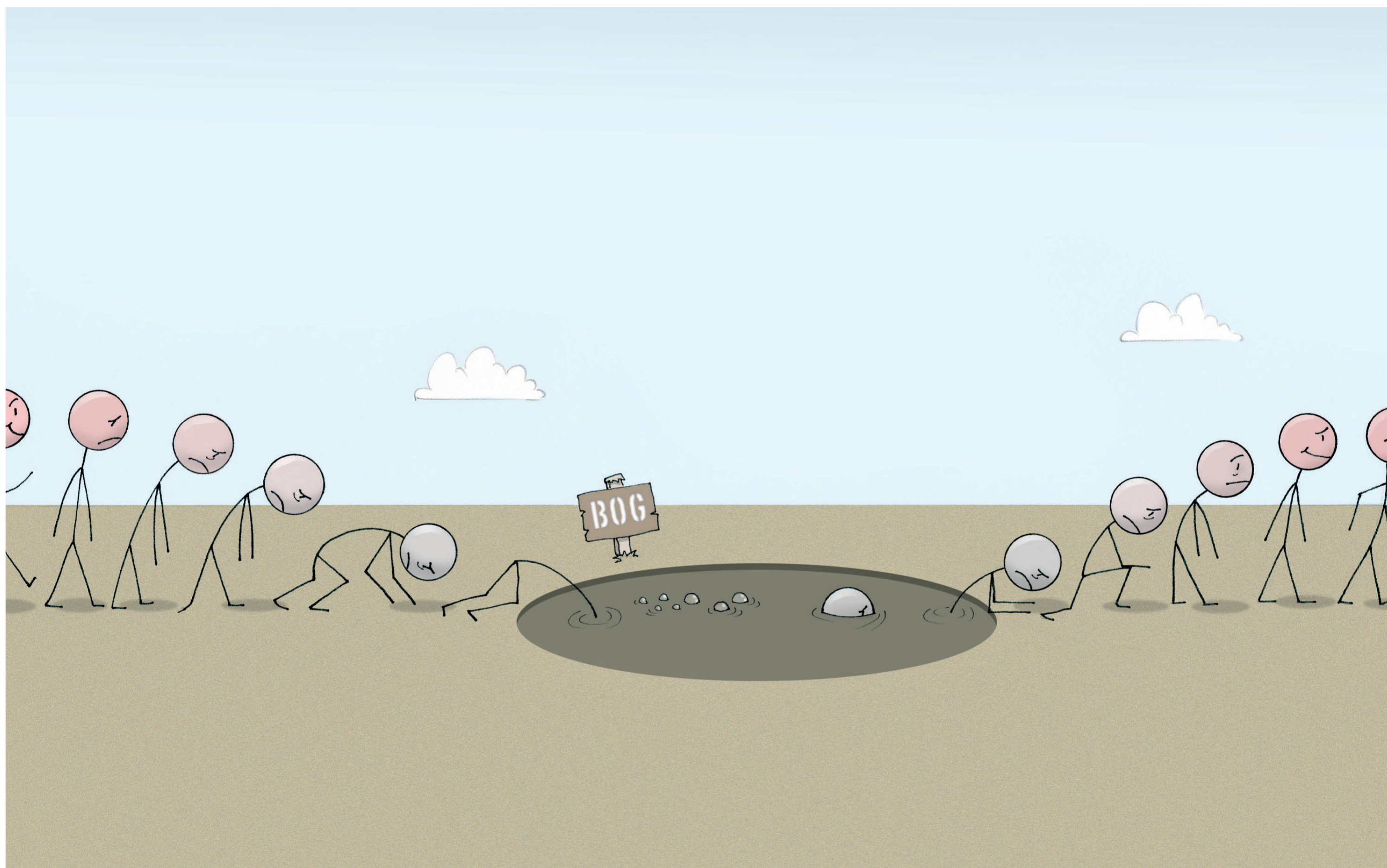
Seek help and put insomnia to bed.

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Sometimes to get over  
something you need  
to go through it.



But when we emerge from it - we can  
be better, stronger and wiser for it.

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