

Are you or one of your friends...

- Feeling down?
- Drinking or smoking too much?
- Withdrawing from family and friends?
- Easily irritated or upset?
- Feeling like you're losing control?

It could be depression. With the right treatment, most people recover from depression.

www.beyondblue.org.au



<i>beyondblue</i> info line	1300 22 4636
Mensline Australia	1300 789 978
Lifeline	13 11 14
Relationships Australia	1300 364 277
Kids Help Line	1800 551 800

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