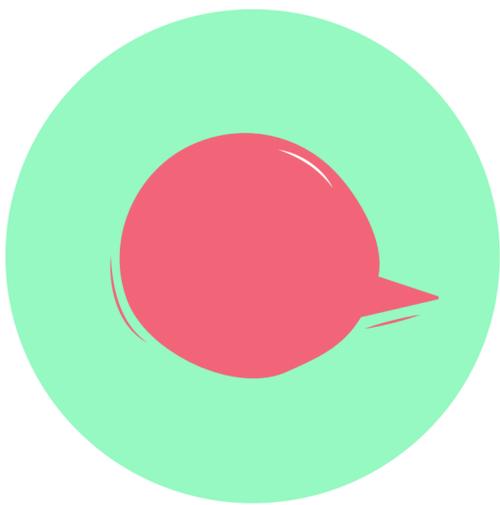


**In an emergency or crisis situation - call 000 (in Australia).
These ideas are for self-support in *non-emergency* situations.**

DEPRESSION SELF-HELP



TALK OR WRITE

Make a list of people to call and keep it on your phone ready to use. Be open with friends and family about your inner experiences. If you can't talk, write it all out.



WALK

Just start walking, with a dog, round the shops, at the beach - it has immediate mood shifting qualities. Walk somewhere different and discover something new.



FEEL COMPETENT

Do small things that make you feel competent: Pay a bill, clean out a cupboard, tick off a task, put on some washing- All those tiny achievements add up to shift a mood.



PLEASURE

Along with things that make you feel competent, mix in fun stuff. A combination of feeling pleasure and accomplishment is most supportive.



SWEAT

If you sweat and move it will give you release and get rid of the flat, restless jitters. (I know you won't feel like it, that's the point). Just do it.



GET ON TOP OF IT

Look into therapy and support programs for getting to the bottom of your depression and working on longer term, deep healing.