

Are you or one of your mates...

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

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

beyondblue info line
1300 22 4636



Mensline Australia

1300 789 978

Lifeline

13 11 14

Lifeline's Information Line

1300 13 11 14

Relationships Australia

1300 364 277

Kids Help Line

1800 551 800

www.beyondblue.org.au

1300 22 4636