

SPOT THE SIGNS

If you notice these signs and symptoms lasting for more than two weeks, getting more intense or getting in the way of daily life, it may mean you or a loved one is experiencing depression. Have the conversation and get the right help.



Feeling **moody**,
irritable or **teary**



Change in **sleeping**
patterns (e.g. sleeping all
the time or not at all)



Trouble
concentrating or
making decisions



Feeling **worthless**
or **guilty**



Losing **interest**
in things you/they
used to enjoy



Withdrawing from
family or **friends**

Mental health issues are very common in Australia. If you or a loved one is experiencing symptoms, you are not alone. With the right conversations and the right help, you can bounce back.

Relationships Australia Tasmania

1300 364 277

tas.relationships.org.au

Kids Helpline

1800 551 800

kidshelp.com.au

Mental Health Helpline

1800 332 388

Lifeline

13 11 14

lifeline.org.au/tasmania

Beyondblue (n.d.). Depression signs and symptoms.
www.beyondblue.org.au/the-facts/depression/signs-and-symptoms



Relationships Australia.
TASMANIA

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