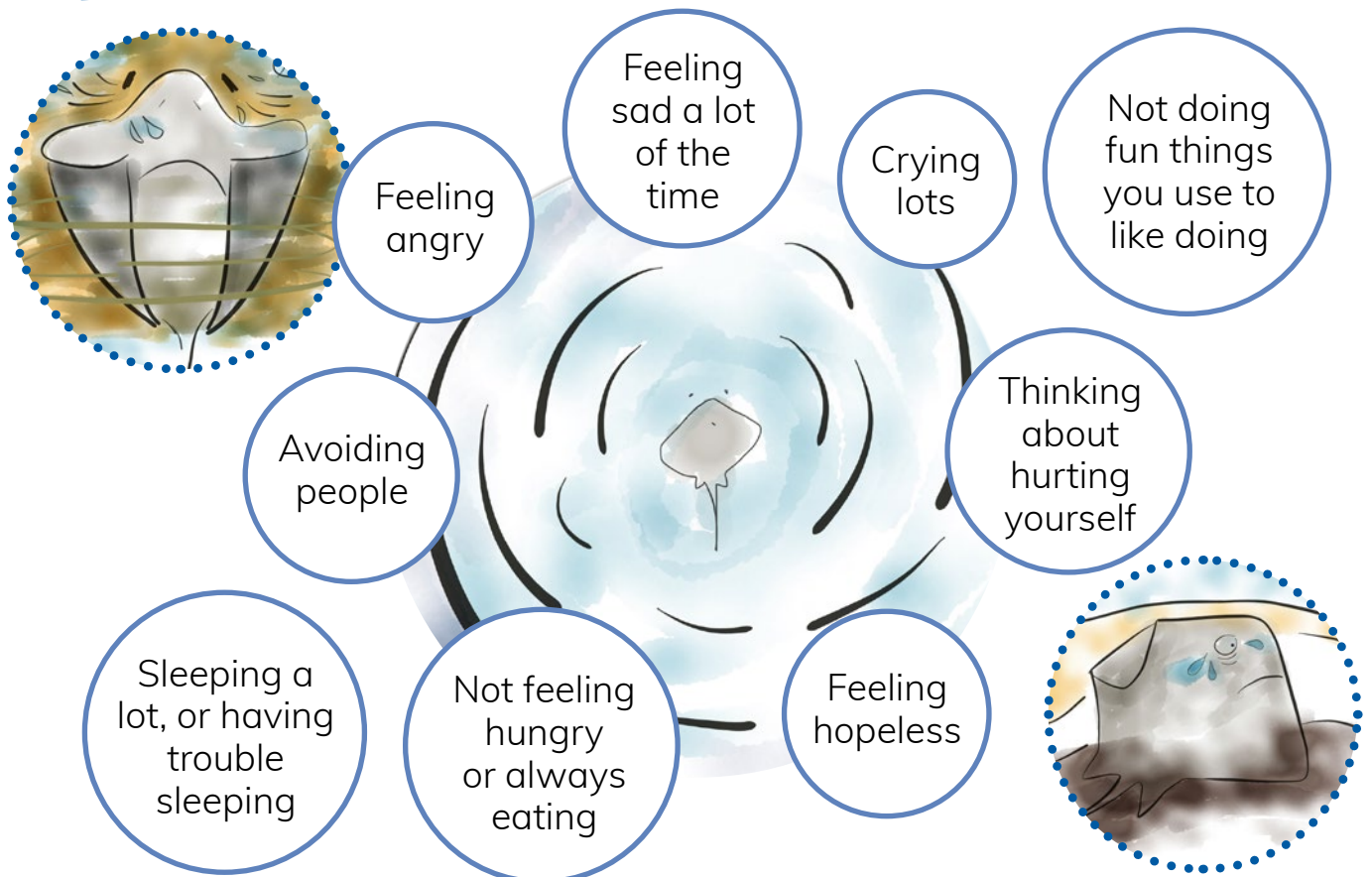


Everyone feels sad sometimes in their lives. Sadness is an important emotion and often comes up when we are facing difficult times. Sadness can help us to slow down, take care of ourselves, and process what is going on. People sometimes avoid feeling sad because it can be uncomfortable. Accepting sadness as a part of our journey helps us to manage in healthy ways.

Depression is very different. When people are depressed they feel overwhelmed by sadness, and it hangs around for a long time. It often stops us from living our lives in a healthy way.

Depression feels different for everyone, and sometimes it can be hard to talk to others about it because we might feel shame. There is nothing wrong with talking about it with someone you trust.

Depression can look like...



See also: <https://www.beyondblue.org.au/>

Sandy's Yarn

Sadness and depression

When I feel sad or depressed...

I start to...

Something that helps me feel good is...

I could also try to...

or I could try...

I would like it if people...



Important things to remember:

- Be kind to yourself
- Ask for help and support
- Take things one step at a time – set realistic goals
- Stay active
- Do things that you used to enjoy doing

If you think about hurting yourself, and don't think you can keep yourself safe, talk to a trusted adult or health professional.



Government of **Western Australia**
Department of **Communities**

www.communities.wa.gov.au/thestoryanimals