What I wish I’d known about depression

“...When your mental health declines, the rest often follows, which is why it is so crucial to seek help if you need to. A healthy mind means that you can truly go chase those dreams and reach the fullest of your potential.

Tracey, Black Dog Institute Youth Presenter”

You’re not alone. Mental illness is common and support is available. Find out about becoming mentally healthier at www.blackdoginstitute.org.au

Putting health in mind
Putting health in mind

What I wish I’d known about depression

I wish I knew how much the teachers at my high school genuinely cared about my wellbeing. I wish I had sought help from them sooner than I did. Instead of feeling alone, I now know that there is always at least one person at school who cares enough to help.

Linda, Black Dog Institute Youth Presenter

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When emotions like sadness and fear hang around and stress me out, it’s best to reach out for support from a trusted person. I now know that talking about how I’m feeling means that I’m able to feel less overwhelmed and feel more like myself.

Bronwyn, Black Dog Institute Youth Presenter
What I wish I’d known about depression

I wish I’d known that those feelings weren’t my fault. That they were a symptom of an illness many people experience. Seeking help was the best thing I ever did.

Adam, Black Dog Institute Youth Presenter

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I wish I’d known the common signs and symptoms of depression. This would have made me more empathetic towards close friends, who upon looking back, were probably going through tough times in their lives. I wish that I had the insight to support them back then.

Jade, Black Dog Institute Youth Presenter

Find out how to support someone you’re concerned about. Visit: www.blackdoginstitute.org.au