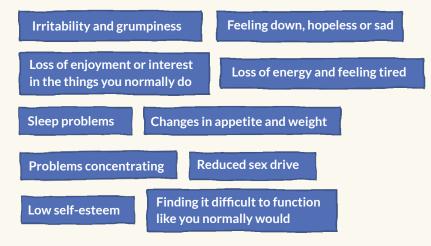
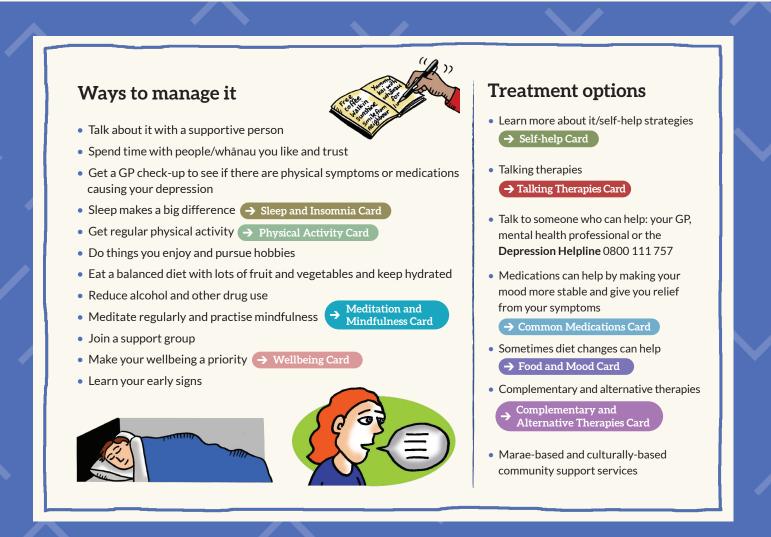
Depression - Pouritanga

- We all experience the blues from time to time and it is not uncommon to feel sad, or even miserable. These are normal human emotions, but for some of us the feeling does not go away and we might need assistance
- It is not something that you can just 'snap out of', or you have because you are 'weak'

You might notice:







The fact sheets are designed for health professionals to use kainohi ki te kainohi (face to face) in a two-way conversation with their clients/patients to share accurate information on mental health issues.