

Make a difference



Donate: make a donation online.



Fundraise: join an event, start your own or get your workplace involved!



Volunteer: become a trained presenter or assist at our events.



Share: let's empower everyone to look after their mental health.

Where to find help?

If you or someone you know is experiencing extreme distress and needs urgent assistance call **000** or Lifeline on **13 11 14** or go to a hospital emergency department.

You can also book an appointment with your doctor who can refer you to more specialised health professionals if required.

For information, fact sheets, self-help tools, and self-tests, visit our website at www.blackdoginstitute.org.au



Mental health check-in



**Black Dog
Institute**



About Black Dog Institute

Black Dog Institute is a research led, solution and program driven organisation committed to the understanding, prevention and treatment of mental illness and the reduction of suicide rates in our community.

Driven by science, compassion and action, we transform our research and knowledge into easily accessible, practical programs and services across the broader community.



How to help someone

1. **Ask:** be supportive and ask, "are you OK?"
2. **Listen:** take what they say seriously, let them know you care.
3. **Respect:** their point of view. Let them know help is available.
4. **Encourage:** suggest they talk to a GP, friend or relative.
5. **Follow up:** make a time to check in on them.
6. **Take care of yourself:** helping someone can be demanding.

Symptoms of depression

- > Feeling sad or angry
 - > Changes in sleep patterns or weight
 - > Not able to enjoy life
 - > Poor concentration and memory
 - > Feeling pessimistic or hopeless
- We all experience periods of feeling down, but if you find any of these symptoms last longer than 2 weeks, it's best to talk to your GP.