

DEPRESSION - BEYONDBLUE

We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much. Whatever it may be, sharing the load with someone else can really help. So no matter who you are, or how you're feeling, you can talk it through with us – we'll point you in the right direction so you can seek further support.

Call: 1300 224 636

Website: <https://www.beyondblue.org.au>