

# OCCASIONALLY FEELING DEPRESSED OR DOWN IS COMMON.

If these feelings last more than two weeks or affect day-to-day activities, it could be important to loop in someone else for support.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit [www.staychatty.com.au/get-help](http://www.staychatty.com.au/get-help) for a list of services.

Source - The Black Dog Institute (4)