

# DEPRESSION IN YOUNG PEOPLE IS ASSOCIATED WITH:

- Social withdrawal or isolation
- Drops in performance and/or attendance at school
  - Drug or alcohol use or anti-social behaviour
  - Engaging in risky behaviour.

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 (6)