

# EXERCISE MAY HELP SEVERE SYMPTOMS OF DEPRESSION.

For more severe depression, exercise may help alongside other treatments (e.g. medications or psychological therapies)

If you are talking to a GP or therapist about your mental health, ask how exercise can play a role in your plan.

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 (8)