

SELF-HELP AND ALTERNATIVE THERAPIES THAT MAY HELP DEPRESSION ARE:

- Relaxation and meditation techniques
 - Good nutrition
- Alcohol and drug avoidance
 - Exercise
- Bibliotherapy (book therapy)
 - Omega-3
 - Light therapy
 - Yoga
 - Acupuncture.

(these should not be a substitute for professional help)

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 for a list of services.

Source - The Black Dog Institute (9)