

FEELING SAD AND FEELING HAPPY



Everyone gets sad or angry or worried sometimes. These are normal feelings.

People feel scared or angry if they are being hurt or being told to do things that they do not want to do.

If you feel sad or scared or angry all the time tell someone you trust so they can help you.

People might feel that nobody likes them. They may feel like giving up. If you feel like this tell someone you trust.

Drinking too much alcohol or taking drugs might make you feel bad.

There are changes on the inside of your body as you get older. These changes are caused by chemicals called hormones. This may cause some people to feel sad, angry or worried.

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Some people have an illness called depression. Depression is more than just feeling sad. They may feel that they do not want to do the things they enjoy. They may not sleep well. They may be irritable or moody. They may not eat. They may not want to see their friends. They may stop caring about themselves.

Depression is a common illness and there are people who can help. If your feelings stop you doing things like going out or people are worried about you then you need some help.

What you can do to feel better

Talk to your friends, family, advocate or support worker. They can support you to make choices that feel good for you.

Build a strong group of friends who can look out for you.

You may feel better if you exercise or do more fun things so you aren't bored.

It can help to listen to relaxing music. You might want to paint or dance.




You can visit friends or play with a pet.

A counsellor can talk to you about your feelings and ways to feel better

You may need to see a doctor and take medicine to help you to feel better. Sometimes you may need to try more than one medicine to find the one that is right for you.



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Where can you find out more		
<p>The Bridging Project</p> <p>This Victorian website is for people with an intellectual disability who also have a mental health problem.</p>		<p>www.bridgingproject.org.au</p>
<p>Beyond Blue</p> <p>The National Depression Initiative</p> <p>This government web site has information about mental health topics. You may need a support person to help you look at this website.</p> <p>There is a phone number that you can ring day or night. You will get information about mental health and who you can see if you are having problems.</p> <p>Remember to tell them you have an intellectual disability.</p>	 	<p>1300 22 46 36</p> <p>www.beyondblue.org.au</p>

Other fact sheets in this series you may want to read

ASKING QUESTIONS ABOUT YOU

BEING HEALTHY

GRIEF AND LOSS