

**WANT TO
TALK ABOUT IT?**

SEND
TEXT MESSAGES
TO **5626**
IT'S FREE

EMAIL THE
LOWDOWN
TEAM

OR GET ON THE
**MESSAGE
BOARD**

thelowdown
.co.nz

newzealand.govt.nz

The Lowdown is part of the Ministry of Health's National Depression Initiative.

DO YOU **DO YOU LISTEN TO THE RIGHT**
HAVE THE **MUSIC?**
RIGHT FRIENDS?
DO YOU WEAR THE **RIGHT CLOTHES?**
SHOULD YOU SMOKE???? SHOULD YOU DRINK???
SHOULD YOU HAVE SEX?
ARE YOU **TRYING TOO HARD?**
ARE YOU **TRYING HARD ENOUGH?**
**SOMETIMES
IT CAN ALL GET TOO MUCH**

**GET TO A
BETTER PLACE**

thelowdown
.co.nz



We all have to deal with a lot of different stuff every day. Some important stuff, some not so important, but sometimes it can all get a bit too much. Everyone has days like this, but when that feeling hangs around too long it's easy to spiral down into depression.

One in seven young Kiwis experience serious depression, so don't worry if you think you're the only one feeling the way you do – heaps of people feel the same way and with help, they get through it. Lots of people don't know where to begin or who to talk to when they're having a tough time.

GET TO A BETTER PLACE

- Hear real stories from musicians, celebrities and everyday people sharing their own personal experiences with depression.
- Take the quick self-test to get an idea of how you're feeling at the moment.
- Learn more about depression, how stressful situations like feeling alone or being bullied can trigger it and how it can be successfully treated.
- Chat and share your thoughts, questions or messages of support with other people using the website on the Message Board.

LISTEN TO
MUSIC TRACKS
FROM THE MOODS FEATURED
ON THE SITE!

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TEXT MESSAGES
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5626
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What's more, if you've got a question or just want to get something off your chest you can text or email The Lowdown team for confidential advice and support.

EMAIL THEM
ON THE WEBSITE
WWW.THELOWDOWN.CO.NZ

They're trained professionals who are answering messages from mid-day to mid-night, 7 days a week*.

*Any messages received after midnight will be answered the following day. If you need advice outside these hours, call the Depression Helpline on 0800 111 757.