



"I didn't want people
to think I was weak.

I'm a man
and men don't get
depression."

"I had no energy.
I didn't give a stuff.
I didn't know it
was depression."

"When you're growing up
you're told you have to
be the strong one.
But depression
doesn't care."

To find out more visit our website or call the info line.

1300 22 4636



beyondblue
the national depression initiative

www.beyondblue.org.au

Supported by the Federal Safety Commissioner



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