

PACIFIC YOUTH SUICIDE PREVENTION
NO ONE IS AN ISLAND — YOU ARE NOT ALONE

English/Samoan



When times are tough....

Pe a o' o i taimi faigata...

**When you are feeling
sad and down....**

Pe a maua oe i lagona
fa'anoanoa ma le lē fiafia..

...There is help

...O loo i ai le fesoasoani

**Partnerships: Sydney West Area
Health Services and
Pacific Communities in
Blacktown/Mt. DrUITt**

 **SYDNEY WEST**
Area Health Service

What is depression?

Everyone goes through tough times and may feel down occasionally. However, when someone is experiencing intense sadness that won't go away, they could have depression. Depression is more than just 'feeling down'. It is an illness that significantly affects a person's ability to cope with day to day living.

Any of the following may be symptoms of depression:

- Loss of pleasure or interest in enjoyable activities;
- Absences from school or work
- Being aggressive, violent or destructive
- Using lots of alcohol or other drugs
- Sleeping more or less than usual
- Eating more or less than usual
- Feeling sad and crying easily
- Feeling worthless, hopeless, helpless, guilty
- Feeling agitated or worrying all the time
- Thinking about suicide
- Feeling constantly tired and lacking energy
- Difficulty concentrating, remembering and making decisions

O le a le loto matuā faanoanoa lava? (depression)

Soo se tagata e i ai lava taimi e maua ai i lagona lē fiafia.

Aepeitai, pe a fai ua feagai se tagata ma ni faanoanoaga mamafa ua lē mafai ona aluese; lona uiga ua maua i le loto matuā faanoanoa lava. O le loto matuā faanoanoa lava, e sili atu nai lo "lagona lē fiafia". O se faama'i matuā aafia ai lava le tomai, e soifua ma ola ai le tagata i aso taitasi.

O nisi nei o auga o le loto matuā faanoanoa lava:

- Leai se fiafia i meafaafiafia poo faagaioiga sa fiafia i ai
- Lē alu e faigaluega poo ua lē alu foi i le aoga
- Ua loto ita, faasaua poo ua faaleagaina o mea
- Ua matuā inu ava lava, poo isi mau fualaau faasaina
- Ua moe umi lava, poo ua tau le moe foi
- Ai tele poo ua tau le ai foi
- Lagona faanoanoa ma le tagivale
- Lagona ua le toe aoga, leai se faamoemoe, le maua se fesoasoani, lagona ua nofosala
- Lagona ita poo le popole foi i taimi uma
- Mafaufau e uiga e fia pule i le ola
- Lagona vaivai pea lava ma ua leai se malosi
- Faigata ona tumau le mafaufau i se mea, le manatua, ma le iloa fai filifiliga

Causes of Depression

- Depression sometimes runs in families
- It can result from changes in the brain
- Depression is closely associated with high levels of stress.
- Common life stressors include: death of a loved one, loss of a job, relationship difficulties, parental and family conflict, schooling problems

Faapogai o le loto matua faanoanoa (Depression)

- O nisi taimi o le matuā loto faanoanoa e alu i le aiga
- E mafai ona maua ona o faaiuga i suiga i totonu o le faiai
- E vavalalata le fesootaiga o le matuā loto faanoanoa ma le tulaga maualuga o le lē fiafia.
- O le tele o mea e tupu ai le lē fiafia o le olaga, e aofia ai le oti o se e te alofa i ai, tuli ma le galuega, faafitauli i mafutaga, feeseeseaiga o matua ma aiga ma faalavelave e tupu i le aoga.

Getting help...

Talking about feeling depressed can be hard, especially if it's something new or something you don't understand. Once you start to talk to someone who understands how you feel though, it gets easier. By talking to someone about feeling depressed, young people will be better able to deal with and recover from depression.

O le mauaina mai o se fesoasoani...

O le talanoa e uiga i le lē fiafia, o se tulaga faigata, aemaise lava pe afai o se mea fou, poo e te le malamalama foi i ai. E amata loa ona e talanoa i se tagata e malamalama i ou lagona, ona amata loa lea ona faigofie. O le talanoa la i se tagata e uiga i lagona lē fiafia, o le a sili atu ona faigofie ai fesoasoani i talavou, ma toe faaleleia ai latou, mai le lē fiafia.

Where to go for help...

Depression is a medical condition that can be effectively treated with professional advice and assistance. The most common Treatments are medication, counseling, or a combination of both.

This can be provided by your:

- General Practitioner
- Community Health Centre
- Mental Health Service

- Hospital

Other support people can be:

- Family
- Friends
- Community/Religious leaders

O fea e te alu e maua mai ai se fesoasoani...

O le matuā loto faanoanoa o se faama'i e mafa ona togafitia i fautuaga ma fesoasoani faapolofesa. O le togafitiga pito sili ona aoga, le inu o vai ma fualaaui, talanoa ma fautuaga, poo le tuufaatasi o mea ia e lua.

E mafai ona tuuina mai ia mai lau:

- Foma'i (GP)
- Ofisa tutotonu o le Soifua maloloina a le Komiuniti (Community Health Centre)
- Auaunaga mo le Soifua maloloina o Mafaufau (Mental Health Service)
- Falema'i (Hospital)

O isi tagata e mafai ona lagolago ma fesoasoani o:

- Aiga
- O uō
- Taitai o Ekalesia ma Komiuniti

For further information and Assistance please contact:

Blacktown/Mt Druitt Mental Health Services

☎ 9881 8888

Doonside Community Health

☎ 9881 8650

Mt Druitt Community Health

☎ 9881 1200

Western Area Adolescent Team (WAAT)

☎ 9881 1230

Blacktown Community Health

☎ 9881 8700

Mo nisi faamatalaga ma fesoasoani, faamolemole faafesootai ia:

Blacktown/Mt Druitt Mental Health Services

☎ 98818888

Doonside Community Health

☎ 98818650

Mt Druitt Community Health

☎ 98811200

Western Area Adolescent Team (WAAT)

☎ 98811230

Blacktown Community Health

☎ 9881 8700