

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

English/Tongan



When times are tough....

Lolotonga ho'o faingta'a' ia

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

Taimi ho' o lotomo'ua
pe lotomamahi

....There is help

'Oku lava pe ke tokoni'I koe

**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

Koe me' a maheni pe ketau fa'a ongoi faingatai' ia he taimi lahi. Ka koha taimi fa' a fekuki ai ha taha fuoloa moe mamahi pea oku fa'a hoko ai e to lalo mo'ui moe fangata'ia. Koe fa' ahinga ongoi peheni 'oku 'ikai koe loto mafasia pe. Ka koe mahaki 'oku ne uesia e moui faka'aho.

Koe Faka'ilonga Eni Mahaki Loto Mafasia:

- Ikai fiefia ke kau kiha fa'ahinga me'a ' oku fai
- Li'aki ako pe ngaue
- Ite'ita mo 'ulungaanga kovi
- Kona pe ngaue'aki faito'o kona tapu
- Uesia e anga ete mohe pe malolo
- Uesia e anga ete ma'u me'a tokoni
- Loto mamahi mo mafili tangi
- Ongoi 'ikai hato 'aonga, ta'eifo mo loto lavea
- Hoha'a mo fakapahia he taimi lahi
- Fakakaukau'i taonakita
- Ongoi hela'ia mo 'osi hoto ivi
- Faingata'a ke tokanga lelei mole manatu pe ma'u ha 'atamai lelei.

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

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.

ME'A 'OKU NE FA'A FAKATUPU E MAFASIA E LOTO

- Fa'a totolo ia fakafamili
- Fa'a uesia he hoha'a e 'atamai
- Uesia lahi aupito lavea e loto 'ete mo'ui lotolu
- Fa'a hoku ia tautefito mate ha ofa'anga, mole ha ngaue, maumau hoto va moha taha, ke fakafamili pe palopalema e ako.

FIEMA' U TOKONI...

Koe uesia e loto 'oku fakatupu faingata'ia 'aupito tautefito kapau koha mea fo'ou pea 'ikai lava ke mahino. Ka 'e tokoni 'aupito ke talanoa moha taha ho faingata'a ke tokoni mai. Tautefito eni ki he toutupu kapau tenau talanoa mo vahevahe mo ha taha e tokoni lelei ia ki hono solova 'oha faingata'a' ia.

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

FEITU'U KE MA'U FALEI MEI AI

Koe mahaki e loto 'oku malava pe ia ke faito'o pea 'oku i ai e tokoni fakapalofesinale ke fai ki ai. Pea 'i ai foci moe fo' iaku ke ngaue'aki pe koha fale'i pe koe fakatoungaue 'aki loua pe ongo me' a ko eni.

Oku lava pe 'o fai eni

- Ho'o toketa
- 'Ofisi potungaue moui
- Potungaue tokanga'i 'atamai vaivai
- Pe ko falemahaki

Moe ni'ihhi foki ko eni:

- Famili
- Kaungame'a
- Kau taki lotu

For further information and assistance, please contact:

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

I ha'o fiema'u falei telefoni ki heni:

Va'a kihe moui/atamai Mt Druitt

 98818888

Potungaue moui/Doonside

 98818650

Potungaue moui ' a Mt Druitt

 98811200

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