

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

English/Fijian



When times are tough....

E na gauna e dredre kina na bula...

When you are feeling sad and down....

Ni ko yalo rarawa se ko yaluma...

... There is help

... E tiko na veivuke

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

Na cava na mate oqo na bikai titobu ni yalo (depression)?

O i keda kece eda curuma na gauna dredre ka da dau vakila na yaluma. Ia, kevaka e dua e vakila tiko na rarawa titobu ka sega ni rawa ni lako tani; de sa tiko vua na 'depression'. Na 'depression' e ca sara mai na yalolailai se yalo taqaya. Oqo e dua na tauvimate ka rawa ni tarova na nomu rawata na bula e na veisiga.

E dua vei ira oqo e rawa ni vakaraitaka na 'depression'

- Sega ni yacovi iko na marau e na gauna ni soqo ni marau
- Vakalutu vuli se cakacaka
- Cudrucudru, i valavala kaukauwa se vakacaca
- Vakayagataka sivia na yaqona ni vavalagi se waigaga ni veivakamatenitaki tale e so
- Moce sivia se sega ni moce vakarauta ka sega ni vaka e liu
- Kana vakasivia se kana vakalailai ka sega ni vaka e liu
- Malumalumu na yalomu ka tagi rawarawa
- Nanuma ni sega na betemu, sega nai nuinui, sega na kaukauwa, ko bilitaki iko
- Lomaocaoca se lomaleqa voli ga
- Veinanuyaka me kautani na nomu bula
- Vakila ni ko oca wasoma ka malumalumu na yagomu
- Dredre ni dei na nomu vakasama, na nomu nanuma kei na nomu vakatulewa

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 stresses include: death of a loved one, loss of a job, relationship difficulties, parental and family conflict, schooling problems.

Na Vu ni 'Depression':

- Na 'depression' e rawa ni mate ni kawa e na so na gauna
- E rawa ni vu mai na veisau e yaco tiko e na mona
- E rau veiwekani kei na limaocaoca sivia.
- Na lomacoca e rawa ni okati kina: na nona mate e dua na wekamu voleka, biu cakacaka, ca ni veimaliwai, veisei ni vuvale kei na i tubu-tubu, veileqa mai koronivuli.

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.

Vaqara na veivuke...

E rawa ni ka dredre me da veitalanoataka na 'depression', vakabibi kevaka e ulutaga vou se e dua na ka eda sega ni kila. Ia ni ko tekivu veitalanoa kei na dua e kila na ka o lako curuma tiko, sa na qai mamada mai. E na nomu tukuna vua e dua ni bikai vakalevu tiko na yalomu, sa na vakarawarawataka vei ira nai tabagone me ra cakava kina e dua na ka ka rawa ni bula mai kina.

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

Na vanua mo lako kina mo vukei...

Na 'depression'e dua na tauvimate ka rawa ni qarava na kena dau me ra soli I vakasala kei na veivuke. Na veiqaravi ka soli tiko vakalevu a ya me soli na kena wainimate, na Veituberi (counselling) se me rau vakay-agataki ruarua.

E na rawa ni solia na veivuke na nomu:

- Vuniwai
- Community Health Centre (Valeniwai)
- Mental Health Services
- Valenibula

O ira era rawa ni veitokoni:

- Na vuvale
- Na i tokani
- Na lewe ni soqosoqo o tiko kina / Liuliu ni Lotu

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

Kevaka o vinakata tale e so nai vakamacala kei na veivuke, yalovinaka veitaratara:

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Doonside Community Health

☎ 9881 8650 Health

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