



**“It was so bad, I  
hated every minute  
of every day.”**

Doug.  
Farmer, Grassmere.

**DEPRESSION**

There is a way through it

[depression.org.nz/rural](http://depression.org.nz/rural)

Feeling down in response to difficult situations is pretty normal. But when life has no joy or pleasure for more than two weeks, this could be a sign of depression.

Join JK at **[depression.org.nz/rural](http://depression.org.nz/rural)** or call the Depression Helpline: **0800 111 757**.

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