



### **Myth:**

When I'm sad I must be depressed.

### **Fact:**

Sadness is a natural emotion. Depression comes from prolonged periods of sadness.

Youth and Family Mental Health Support is available for young people aged 10–21 years and/or their parents/carers who are residents of the Byron and Ballina Shires. There is no cost for this service.

**To find out more call (02) 6686 4109  
or email [intake@thefamilycentre.org.au](mailto:intake@thefamilycentre.org.au)**

**HEALTHY  
NORTH COAST**

**phn**  
NORTH COAST  
An Australian Government Initiative

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 **the family centre**

[www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)