

# **Lived Experience Telephone Support Service**



## **"Courage"** **Zine**

**1800 013 755**  
**letss.org.au**  
**365 days a year**  
**5pm - 11.30pm**

What does courage look like?





Photo by Manuel Lardizabal on Unsplash

This is what courage looks like to me.  
Being afraid, and doing the everyday things.

A.M.



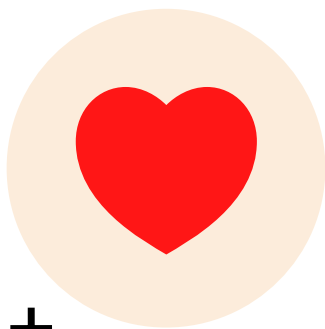
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"SOMETIMES ALL YOU NEED IS  
**~20 SECONDS~**  
OF COURAGE AND AMAZING THINGS CAN  
HAPPEN"

# Reminder

Courage isn't a matter of not being frightened, you know. Its being afraid and doing what you have to do anyway

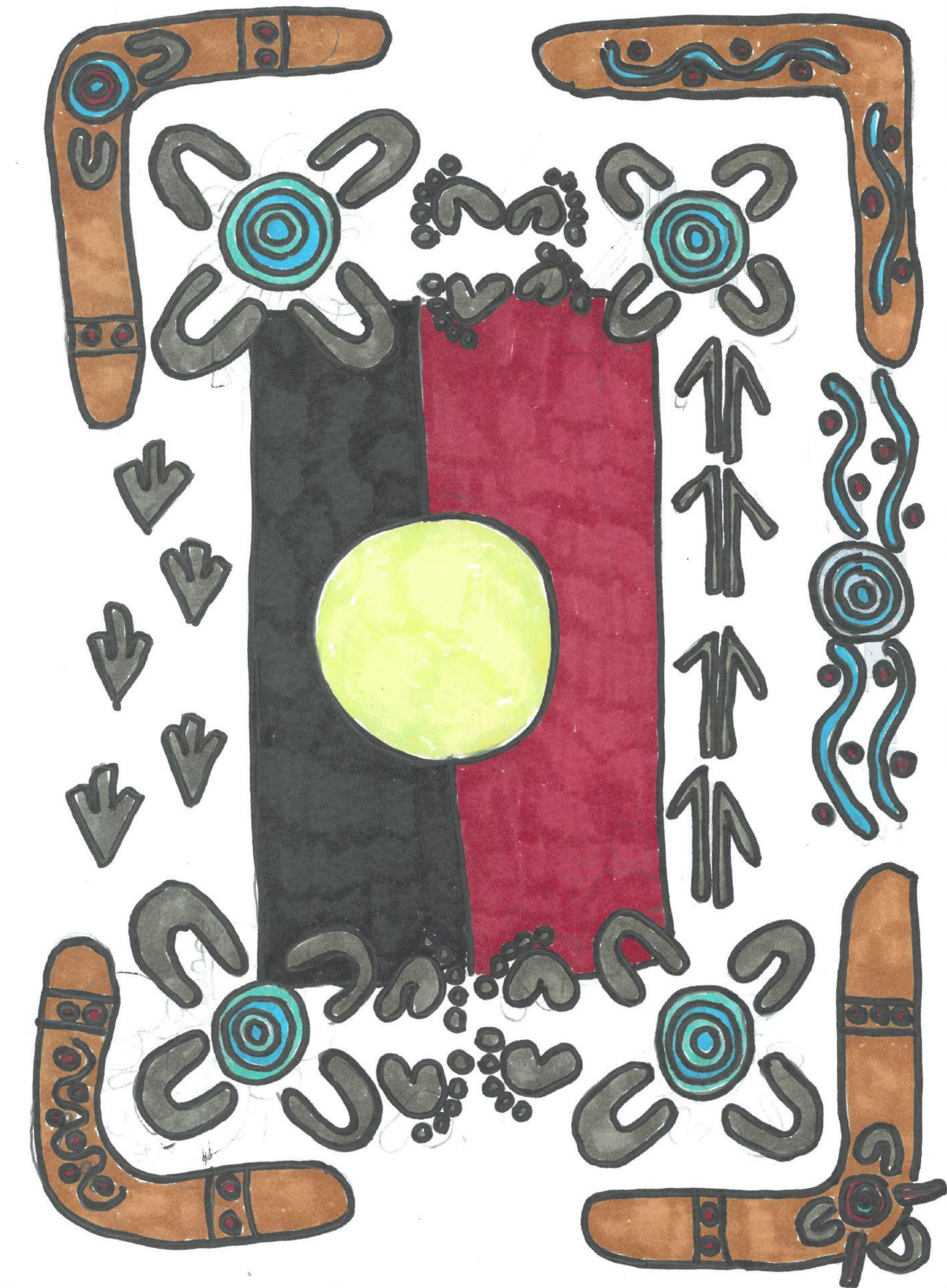
-The Third Doctor, Doctor Who

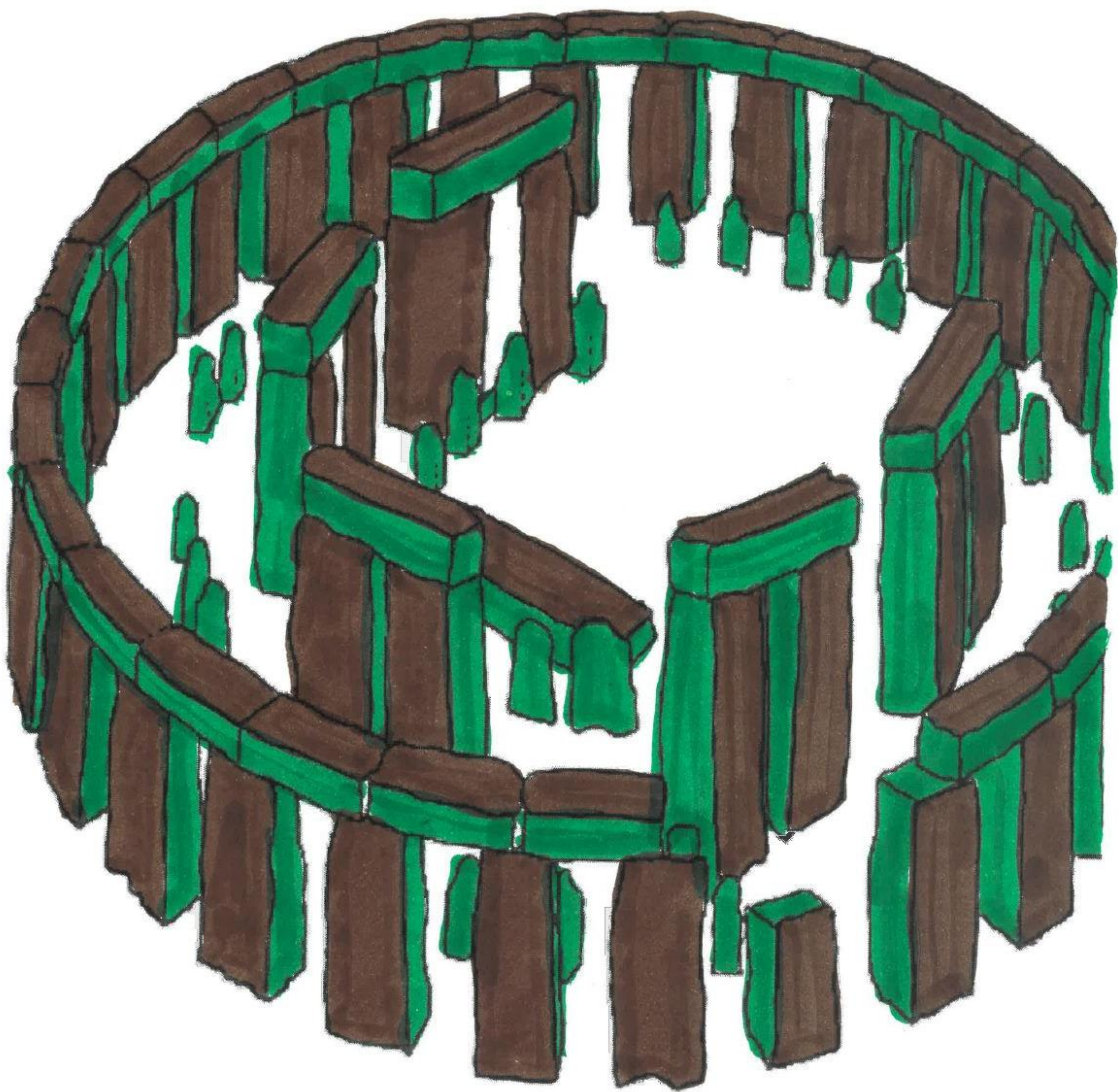


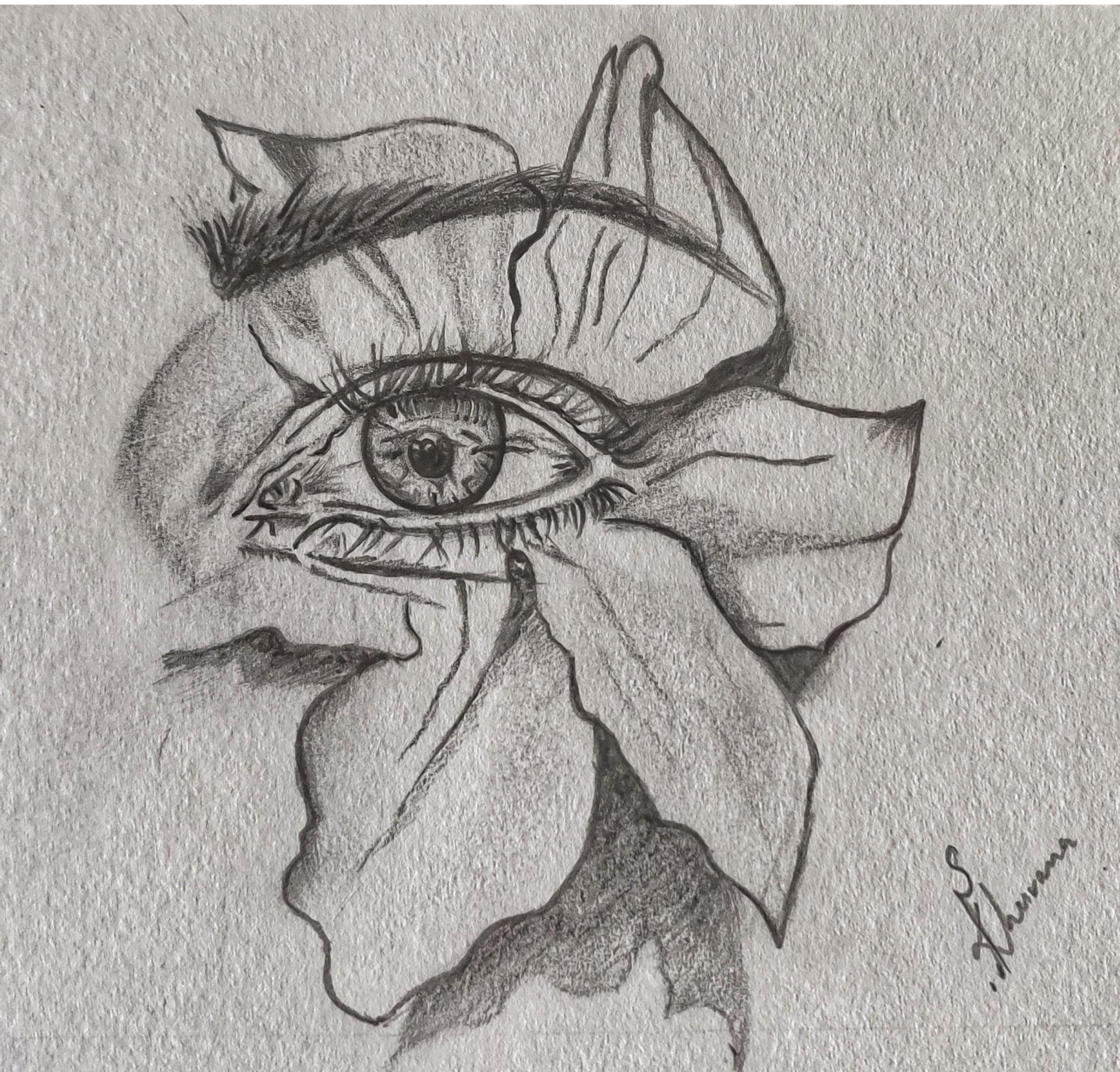
200+

Okay

Close







*Something that I made when I was feeling broken a while ago,  
the harsh world was an eye opener, however the flower  
around represents "blooming" whilst all the struggles.*





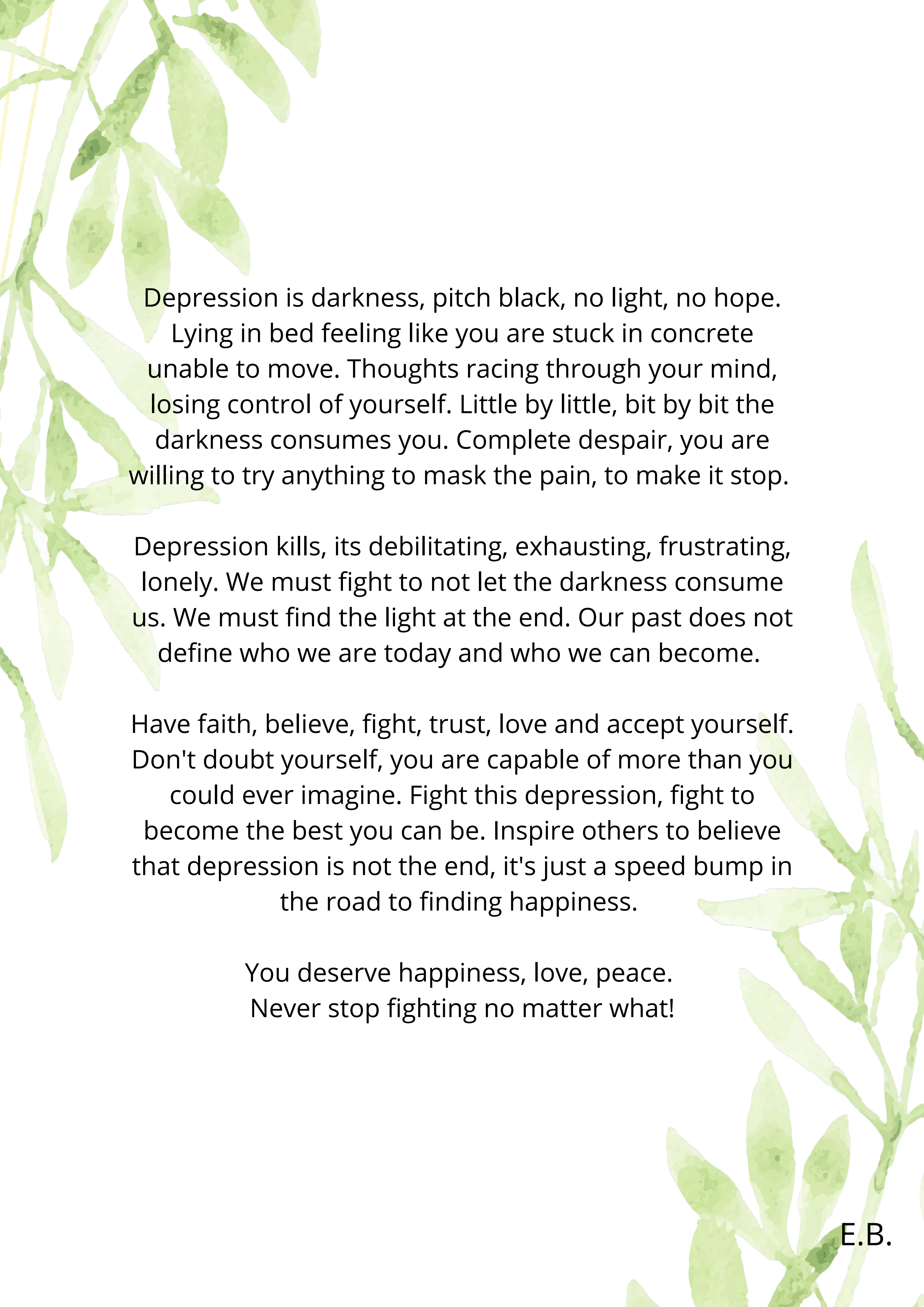
J.M.



J.M.





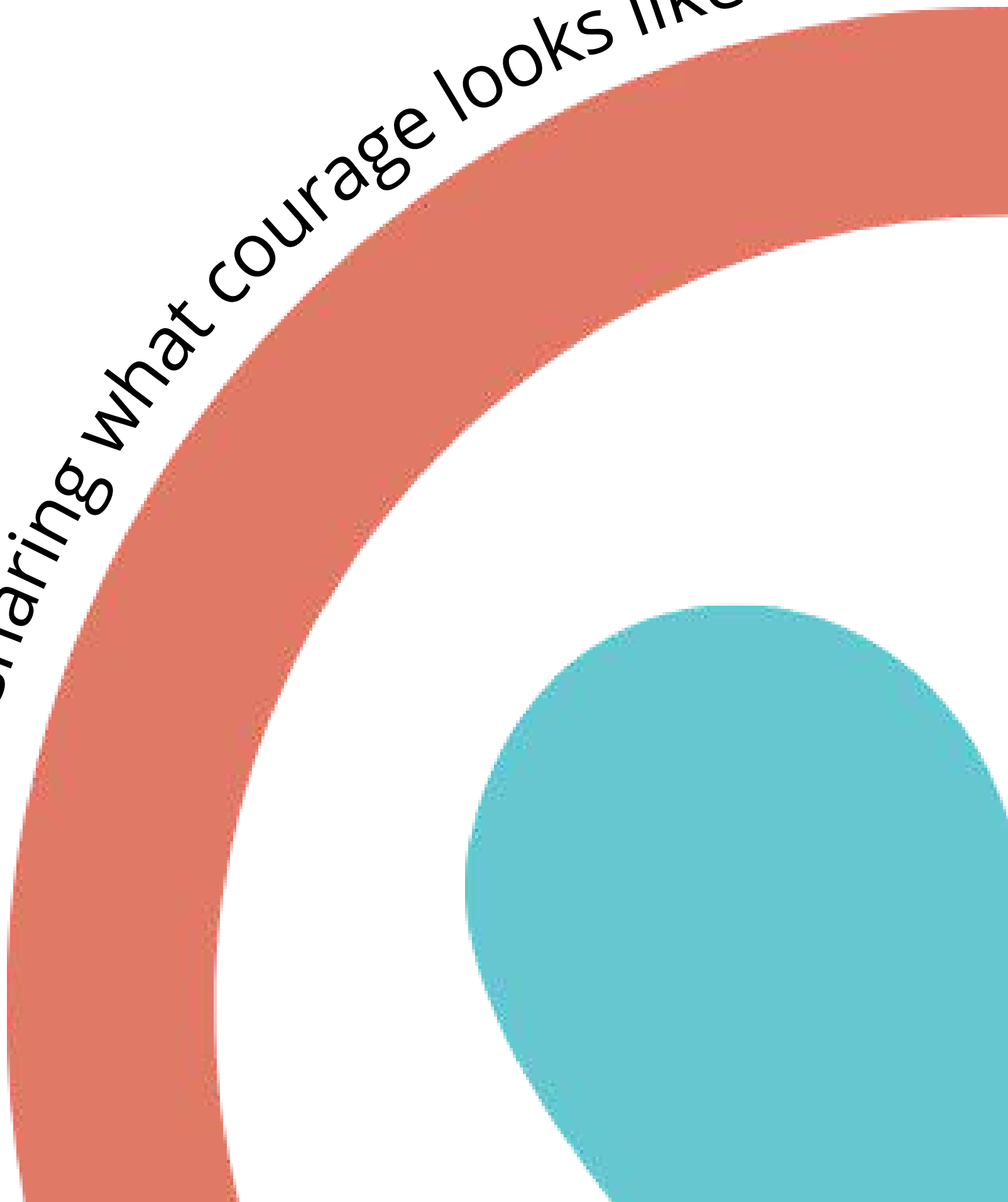


Depression is darkness, pitch black, no light, no hope.  
Lying in bed feeling like you are stuck in concrete  
unable to move. Thoughts racing through your mind,  
losing control of yourself. Little by little, bit by bit the  
darkness consumes you. Complete despair, you are  
willing to try anything to mask the pain, to make it stop.

Depression kills, its debilitating, exhausting, frustrating,  
lonely. We must fight to not let the darkness consume  
us. We must find the light at the end. Our past does not  
define who we are today and who we can become.

Have faith, believe, fight, trust, love and accept yourself.  
Don't doubt yourself, you are capable of more than you  
could ever imagine. Fight this depression, fight to  
become the best you can be. Inspire others to believe  
that depression is not the end, it's just a speed bump in  
the road to finding happiness.

You deserve happiness, love, peace.  
Never stop fighting no matter what!

A decorative graphic on the right side of the page consisting of two concentric circles. The outer circle is a thick, solid reddish-orange line. The inner circle is a solid teal-colored shape, also thick, positioned slightly to the right of the center of the outer circle.

Thank you for sharing what courage looks like to you.

This is the second zine that the LETSS team has worked on for Mental Health Week. The first Zine can be found on the LETSS website: [www.letss.org.au](http://www.letss.org.au)

We would like to thank all who made submissions and contributed to this Zine.

LETSS is a free non-crisis mental health support service for people in the Adelaide Metropolitan Region.

Call us or webchat

7 days a week from 5:00pm - 11.30pm

**Information | Navigation | Support**



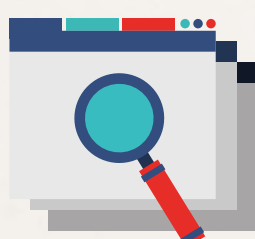
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Links to Wellbeing is a consortium commissioned by the Adelaide PHN and run in partnership between Neami National, Mind Australia, Skylight Mental Health and Uniting Care Wesley Bowden.