

Depression

In this resource, depression is defined as a mental health issue that makes people experience the following feelings:

- feelings of sadness
- being miserable most of the time
- loss of interest or pleasure
- feelings of guilt or low self-worth
- sleeping a lot more or a lot less
- eating a lot less, or a lot more
- low energy
- difficulty concentrating

Depression is different for everyone. This resource covers some of the symptoms, causes and supports for depression.

Symptoms:

The symptoms of depression will be different for everyone. People with depression usually feel sad or hopeless. They may not feel like this all the time.

The symptoms of depression can include different behaviour, thoughts, and feelings.

Behaviour

- not going out anymore
- not getting things done at work or school
- not doing activities you usually enjoy
- spending less time with friends and family
- drinking alcohol or taking drugs
- having difficulty concentrating

Feelings

- Sad
- Overwhelmed
- Frustrated
- Annoyed

Thoughts

- 'I am a failure.'
- 'It is my fault.'
- 'Nothing good ever happens to me.'
- 'I am worthless.'
- 'Life is not worth living.'
- 'People would be better off without me.'

Physical feelings

- feeling tired all the time
- having no energy
- having headaches and muscle pains
- sleeping a lot more or less than usual
- eating a lot more or less
- having a big change to your weight

Everyone experiences some of these symptoms at some time. You should speak to your doctor if you are worried about any of the symptoms you are having.

You should also speak to your doctor if you experience symptoms:

- for most of the day,
- everyday, and
- for more than 2 weeks.

Causes:

There is no one cause for depression. Different things can lead to depression.

These include:

- genetics
- having an illness or injury
- having a stressful or life-changing event. This includes events like:
 - moving to a new country
 - pregnancy
 - isolation
 - a family or relationship break-up
 - moving away from your family
 - being unemployed
 - the death of someone close to you

Getting support:

Different support options work better for different people. Some options for depression include:

- Making changes to the food you eat and the physical activity you do
- Getting social support (this could include spending time with friends, family or community groups)
- Talking therapies
- Medication

You might use one of these options or you might use a combination

Talking therapies

Talking therapies involve speaking to a trained health professional. This person could be:

- a psychologist
- a counsellor
- a social worker
- an occupational therapist

There are different types of talking therapy. Two of the common types are called psychotherapy or counselling.

During talking therapy, you talk about how you are feeling and any problems that you are having.

What you say in these sessions is confidential. This means that your health professional will not talk about it with other people.



Medication

Another treatment option for depression is to take medication. This medication is often called an antidepressant.

You can talk to your doctor about medication for depression.

You might like to ask:

- What different types of medication are there?
- What type of medication might work best for me?

You may have to try different medications to find one that works for you.

- What side-effects might I have?
- When should I start to feel better?
- How long do I take the medication for?

It is important to take the medication for the amount of time that the doctor tells you to.

If you need help now

Get help now if you think you might hurt yourself or someone else. You can:

- Dial 000 and ask for ambulance or police
- Go to a hospital emergency department
- Call Lifeline on 13 11 14

If English is not your first language, call the Translating and Interpreting Service

- Call 13 14 50
- Tell them what language you speak.
- They will call the services for you.



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