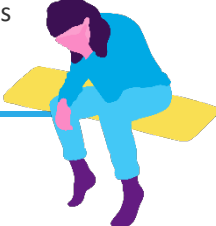


## What is depression?

Everyone feels down sometimes, and feeling sad after certain life events is completely normal. However, depression is more than just feeling sad or low. If intense feelings of sadness or low mood persist for a long period of time, with no obvious cause, it may be a sign of depression.


### Signs and symptoms

There are many symptoms associated with depression, people will experience different combinations of symptoms. These symptoms can impact a person's day-to-day life including work, study, and relationships.

Emotional	Physical	Behavioural
<ul style="list-style-type: none"> <li>• Feeling sad, empty, irritable, or guilty</li> <li>• Lack of confidence</li> <li>• Negative self-thoughts and self-doubt</li> <li>• Feeling hopeless about the future</li> </ul>	<ul style="list-style-type: none"> <li>• Tired all the time</li> <li>• Feeling sick and run down</li> <li>• Significant weight loss or gain</li> <li>• Headaches and muscle pain</li> <li>• Difficulty sleeping</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty concentrating or making decisions</li> <li>• Withdrawing from friends and family</li> <li>• Not engaging in previously enjoyed activities</li> </ul> 

### Causes of depression

Depression is very common in Australia, one in seven people will experience depression at some point in their life. There are many factors that can increase the likelihood of developing depression.

Biological	Psychological	Social
<ul style="list-style-type: none"> <li>• Genetic predisposition and family history of mental illness</li> <li>• Long term or serious physical illness</li> <li>• Chronic pain</li> </ul> 	<ul style="list-style-type: none"> <li>• Personality traits or low self-esteem</li> <li>• Self-criticism</li> <li>• Pessimistic outlook</li> <li>• Tendency to overthink and worry</li> </ul>	<ul style="list-style-type: none"> <li>• Use of drugs and alcohol</li> <li>• Difficult life situations such as an abusive relationship or unemployment</li> </ul>

## Managing depression

People with depression can live productive and normal lives, but they may need strategies, treatment, or support to help manage symptoms. Everyone is different, so different things will work for different people.

### Professional help

- Psychologists and psychiatrists can provide support
- Talking therapies targeting thoughts and behaviours
- Medications

### Self-management

- Challenge negative thoughts
- Stay active and physically healthy
- Engage in enjoyable activities
- Practice relaxation

### Peer support

- Calling phone support services
- Talking to a friend or family member
- Connecting with others on online forums



## Getting support

If you are experiencing depression, symptoms of depression, or have noticed symptoms in others, knowing where to get support for yourself and others is important.

### Doctor

- Your GP can provide initial guidance and refer you to support from a psychologist or psychiatrist
- They can provide other resources and recommendations

### Psychologist

- With a GP referral, Medicare will subsidise 10 visits to a psychologist
- You can also visit private practice psychologists

### Phone Counselling

- Beyond Blue (1300 22 4636)
- Lifeline (13 11 14)
- Head to Health (1800 595 212)
- Mindspot (1800 61 44 34)

