



## Depression

Depression is one of the most common forms of mental illness. In Australia, one million people currently suffer from depression.

Recovery is possible. You may have heard that medication and counselling are among the treatment options available, but there are also many self-help strategies you can employ to help you begin to feel better.

Depression affects men and women of all ages, races and economic groups and is not something you can just 'snap out of'. People who experience depression do get better. You can recover from and learn to manage depression.

### WHAT ARE THE SIGNS OF DEPRESSION?

Defining depression can be difficult because each person can experience it differently. You may experience some of the signs listed below some of the time and not be depressed. The important thing is to think about whether feeling this way is different for you, especially if you're experiencing these feelings for increasing periods of time and don't know what to do.

It's important to recognise these signs so that you, or someone you care about, can do something about it. The earlier people take steps to look after their mental health, if they are struggling, the earlier they will start to feel better.

### SIGNS OF DEPRESSION CAN INCLUDE:

Feelings of sadness that don't go away	Loss of energy, lethargy, extreme tiredness or fatigue
Persistent low mood or emotional numbness	Lack of motivation
Losing interest and pleasure in your usual activities	Reduced interest in sex
Crying for no apparent reason	Feeling worthless or hopeless
Feelings of irritability	Feeling guilty for no reason
Excessive anxiety, agitation or worry	Poor concentration and forgetfulness
Changes in your sleeping or eating patterns	Suicidal thoughts

If you've felt like this for more than two weeks it could be a sign of depression and you should seek information and help.

## WHAT ARE THE TRIGGERS THAT CAN CAUSE DEPRESSION?

There is no single cause of depression. It can come 'out of the blue' or be triggered by life events like the death of a loved one, stress at work, relationship problems, financial stress, poor physical health, traumatic events and discrimination, or it can happen when the body goes through a major change, like after childbirth.

Some people are more vulnerable or predisposed to depression, but sometimes there is no apparent trigger.

## YOU CAN GET BETTER

Most people who experience depression make a full recovery - the first step is seeking help. Just talking about your feelings with a person you trust can be the first step towards recovery. You may want to contact your doctor about getting help.

You can also get help through **EASA on 0407 918 998**.

## HELPFUL WEBSITES

[www.beyondblue.com.au](http://www.beyondblue.com.au)

[www.blackdoginstitute.com.au](http://www.blackdoginstitute.com.au)

[www.lifeline.com.au](http://www.lifeline.com.au)

**EMPLOYEE ASSISTANCE SERVICES AUSTRALIA PTY LTD**

[www.easa.net.au](http://www.easa.net.au) • [help@easa.net.au](mailto:help@easa.net.au) • PO Box 2077 Greenhills NSW 2323  
Ph 0407 918 998 • Emergency 0407 111 003 • For life threatening emergencies call 000