

Are you depressed?

Feeling sad or down are normal reactions to some life events. However, clinical depression is different from the normal down or sad feelings you might experience. Depression is characterised by changes in behaviour, feeling thinking and even physical symptoms of an extended period of time (2 weeks). **If you were depressed you might notice:**

- Behaviour changes like not going out anymore, not getting things done at work, withdrawing from other people, relying on alcohol and other drugs, not doing usual enjoyable activities, unable to concentrate.
- Feeling overwhelmed, guilty, irritable, frustrated, lacking in confidence, unhappy, indecisive, disappointed, miserable or sad.
- Thoughts like 'I'm a failure', 'It's my fault', 'Nothing good ever happens to me', 'I'm worthless', 'Life's no good', 'People would be better off without me' and 'It's always going to be this way'.
- Physically you may feel tired all the time, sick and run down, experience headaches and muscle pains, churning or upset gut, sleep problems, loss or change of appetite, significant weight loss or gain, changes in sex drive.

What helps?

Depression is a treatable condition and evidence has indicated that effective treatments include:



Psychological treatment including counselling and support for behaviour and thinking changes.



Medical treatment including medication.



Lifestyle changes including increasing physical activity and enjoyable activities.

Where can I get help?

There are a number of avenues to access treatment to address depression. These include:

- Your employer EAP / Counselling Service
- Your peer support network
- Your GP

How can I support someone else?

If you have noticed changes in a friend, colleague or family member it is important to:

- Raise your concerns with them
- Listen without judgement
- Suggest and support them to get further assistance
- If you are concerned they will hurt themselves, get immediate assistance by calling 000 or Lifeline 13 11 14
- Get some support for yourself, this is a tough job





MHM Support Network Toolbox

IN AN EMERGENCY CALL 000



MensLine Australia

Telephone & online support, information & referral service to help men with relationship & other problems.

P: 1300 789 978

W: www.mensline.org.au



Mindspot

An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.

P: 1800 650 890

W: <https://mindspot.org.au>



Cyber Clinic

Tele Health App where you can see a qualified mental health practitioner anywhere anytime in the comfort of your own home over the Apps video platform. Costs apply but upon approval of your company partnering with MHM can provide you with a link where it can be free of charge. Also if you live in a rural or remote area you can use it on your Medicare Mental Health Care Plan.

W: www.cyberclinic.com.au

Download the APP on itunes or Android



Kids Help Line

Provides free and confidential phone and online counselling services specifically for young people aged 5-24 years old.

P: 1800 551 800

W: www.kidshelpline.com.au



Employee Assistance Programs

A counselling service provided by employers to their staff to support their staff's emotional & psychological wellbeing both in the workplace & in their personal lives. An EAP can help workplaces adopt a more proactive, preventative approach to workplace mental health & assist in creating a culture of care. Please contact your employer for details.



GP

Talk to your GP about any mental health concerns & ask for a Mental Health Care Plan & referral. Medicare rebates are available for a range of mental health treatments (via a Mental Health Care Plan), including up to 10 individual sessions with a mental health professional.



LIFELINE

Crisis Support & Suicide Prevention: Counselling services for anyone, anytime.

P: 13 11 14

W: www.lifeline.org.au



Beyond Blue

Provides information and support for people living with depression & other mental illnesses.

P: 1300 224 636

W: www.beyondblue.org.au



The Black Dog Institute

Dedicated to understanding, preventing and treating mental illness.

P: (02) 9382 2991

W: www.blackdoginstitute.org.au



Relationships Australia

A provider of relationship support services for individuals, families and communities.

P: 1800 364 277



SANE Helpline

Information, advice & referral for mental illness.

P: 1800 187 263

W: www.sane.org/helpline



Suicide Call back Service

Provides free, phone, video & online counselling for anyone affected by suicide.

P: 1300 659 467

W: www.suicidecallbackservice.org.au



ARAFMI

Provide support for family, friends & carers of people with mental illness.

P: 1800 351 881

W: www.arafmiqlld.org



headspace

Provides support to individuals aged 12-25. You can also visit a Headspace Centre (find a location near you via their website).

P: 1800 650 890

W: www.headspace.org.au



eHeadspace

eHeadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

W: <https://headspace.org.au>