



Depression

Her Fearless Heart



Depression is...

We all feel sad from time to time. But sometimes, we can't escape this sadness, no matter what we do. It can go on for weeks and weeks at a time. This is what is known as Depression.

Symptoms of depression:

- Feeling hopeless, nothing to look forward to
- General disinterest in life or daily activities
- Low energy
- Crying but not knowing why
- Feeling lonely
- Feeling grumpy or anxious
- Numbness
- Sleeping difficulties, or sleeping all the time
 - Not eating or overeating
 - Risk-taking behaviour
 - Thoughts of death or suicide.

If you notice you have 4 or more of these symptoms it is possible that you may be "clinically depressed"



Help

Lifeline 13 11 14
Suicide Line 1300 651 251
Youth Beyond Blue 1300 22
4636
SANE hotline 1800 18 7263
CASA (Centre Against Sexual
Assault) 1800 806 292
Gay and Lesbian Switchboard
Melbourne 9663 2939
Regional Vic & Tas.
1800 184 527



Post-natal Depression

Post-natal depression is a form of clinical depression that affects a number of mothers and in some cases fathers after having a baby. It involves feelings of inability to cope, sadness, fatigue, changes in sleeping or eating patterns, crying, anxiety and irritability.

What causes depression?

- Genetics; if someone else in your family has suffered with depression
- Stressful events; death of a loved one, bullying, abuse, family conflicts/breakups
- Personality factors; e.g. a tendency towards perfection
- Social factors; money worries, unemployment, loneliness, racism
- Certain ways of thinking; over analysing situations or going over and over the same thing in your mind
- If you have experienced depression in the past you are at a greater risk of having it again
- Or sometimes the reason is unclear and needs to be looked into further by a professional



Fighting depression:

- Research on what depression is to try and find out the underlying cause of yours
- Talk to someone you trust and tell them how you feel
- Make a list of things that make you happy or activities that are enjoyable and try and do some of them, get a friend to join in with you
- Try and take care of yourself by eating healthy and getting plenty of exercise and sleep
- Set yourself achievable goals
- Push yourself to seek out company, even when you don't feel like it
- Therapy or counselling
- Medication

