

Courage doesn't always roar
sometimes courage
is the quiet voice
at the end of the day saying
"I will try again tomorrow".

Mary Anne Radmachre



CHOOSE LIFE SERVICES

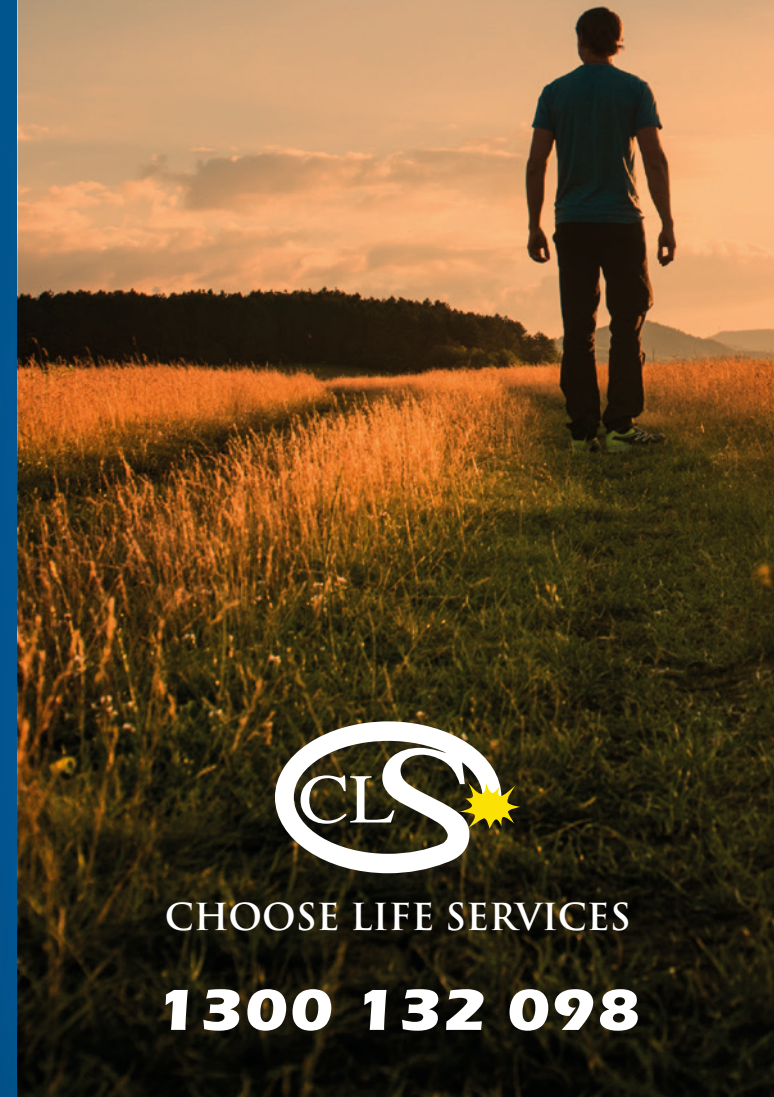
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Depression



CHOOSE LIFE SERVICES

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Depression

Feeling depressed is not an uncommon experience. We will all feel depressed from time-to-time due to stress at work, disagreements with friends or family or we may even feel depressed for no reason at all.

Mental illness impacts the quality of life of around 1 in 5 Australians every year – approximately 20% of our population.
Although the effect of mental illness can be profound, it's important to remember; it is treatable.

What Causes Depression?

- **Environmental factors** – stress from life events such as losing a job, sudden loss of a loved one or significant change.
- **Physical illness** – chronic illness or pain, and even medication for physical ailments can impact mental health.
- **Biological factors and genes** – we have chemicals in our brain that regulate our mood and behaviour. An imbalance in these chemicals can result in impaired thoughts and behaviours which may result in depression. It's also possible that we inherit a vulnerability to the development of depression through our genes.
- **Personality** – some people set unrealistic standards and constantly attempt to over-achieve. This can lead to depression as the unrealistic expectations may not always be met.
- **Drugs & Alcohol** – recreational drugs and alcohol can significantly increase the risk of developing depression.

HOWEVER

- If these feelings don't dissipate after a few weeks...
- If the depressive mood and other symptoms are severe...
- If feeling depressed is impacting your quality of life...

**Then these depressed feelings
may result in an illness that
requires attention.**

There is help and support available.

Treatment & Support

- Your counsellor can provide support with a range of issues impacting you and your family. This is a great place to start, phone CLS for a confidential appointment.
- Your General Practitioner (GP) is someone to see if you have concerns about your mental health and wellbeing. Your GP can start by prescribing a Mental Health Plan which may include referral to a mental health professional, prescription of medication or other support as needed.
- When your GP makes a referral to a mental health professional, the cost is often subsidised by Medicare.
- With the guidance of your GP, antidepressants may be prescribed to help with restoring the brain's chemical balance. Antidepressants may take a few weeks to become effective and side effects of new antidepressant medications are less severe than those used previously. Always use antidepressant medication as directed by your GP.
- Early intervention and effective treatment can result in positive outcomes such as significantly reduced and in some cases, eliminated symptoms.