

WORKING WITH DEPRESSION

WHAT IS DEPRESSION?

Depression is a common but serious condition that affects how you think, feel, and function. It can cause persistent sadness, low energy, difficulty concentrating, and a loss of interest in things you once enjoyed. It's not just 'feeling down'—it's a medical condition that can improve with the right support and treatment.

Common Signs of Depression:

A person experiencing depression may notice:

- Persistent low mood or sadness
- Loss of interest or enjoyment in activities
- Fatigue or low energy
- Feeling numb, empty, hopeless, or overwhelmed
- Increased irritability or frustration
- Difficulty concentrating or making decisions
- Changes in sleep (sleeping too much or too little)
- Changes in appetite
- Withdrawing from others socially
- Reduced motivation
- Feelings of guilt, worthlessness, or self-criticism
- Increased anxiety or worry

Some people may appear to be “functioning well” externally while struggling significantly internally.

Treating Depression:

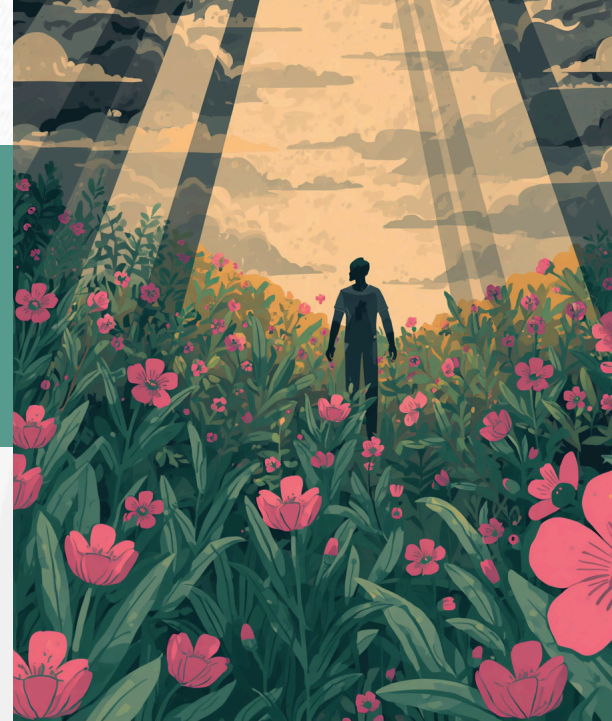
Depression is treatable, and recovery is possible. Treatment often includes a combination of therapy, medication, and lifestyle changes. Talking therapies, like cognitive-behavioral therapy (CBT) and Dialectical Behaviour Therapy (DBT) can help reframe negative thought patterns. Medication may support brain chemistry balance, while exercise, sleep, and social support play key roles in overall well-being. A tailored approach works best, as everyone's journey is unique.

HOW PSYCHOLOGY CAN HELP

Therapy can provide a supportive and non-judgemental space to:

- Understand what may be contributing to depression
- Develop practical coping strategies
- Improve emotional wellbeing
- Address unhelpful thinking patterns
- Rebuild confidence and motivation
- Work toward meaningful and sustainable change

Recovery looks different for everyone, and support can be tailored to your individual needs.



WHEN TO SEEK SUPPORT

It may be helpful to seek professional support if symptoms are:

- Lasting more than two weeks
- Impacting work, study, or relationships
- Becoming difficult to manage alone
- Affecting daily functioning or quality of life

If you or someone you know is experiencing thoughts of self-harm or suicide, contact emergency services or a crisis support service immediately.

Crisis Support

Emergency Services: 000

Lifeline: 13 11 14



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Registered Psychologist

If you or someone you know is struggling with depression, support is available.

