



TIP SHEET.

Depression.

In any one year, approximately 1 million Australian adults have depression.

We all experience sadness, disappointment, or just feeling down for no apparent reason from time to time. If you've noticed some of the following symptoms in yourself it would be a good idea to seek support, and if you notice symptoms in someone close to you, it is a good idea to check in with them and offer them some support.

Experiencing these symptoms does not necessarily mean that you are depressed. Equally, not everyone who is experiencing depression will have all of these symptoms.

Signs and symptoms

- Significant changes in appetite/weight in the absence of dieting
- Significant changes in sleeping pattern, including difficulties sleeping or excessive sleeping
- Decreased performance, concentration or motivation at work/school/socially
- Withdrawing from close family and friends
- Relying on alcohol or other substances
- Lack of enjoyment or participation in usual activities
- Fatigue and loss of energy
- Feelings of worthlessness, helplessness, or excessive guilt

Where to seek support

General Practitioner - Your local GP is a good place to start. Your doctor will discuss with you different treatment options which may include medication and/or a referral to a psychologist through a Mental Health Care Plan (MHCP). Seek as much information as you can from your doctor to assist you with implementing an appropriate plan for support.

Employee Assistance Counselling (EAC) - EAC is available to all Department of Child Protection employees, immediate family members and volunteers, access is FREE (employee funded) for up to 6 sessions per presenting issue per calendar year.

Psychologist - You can access psychological services through a MHCP, which allows you to utilise up to 10 sessions per year partially subsidised through Medicare. Alternatively, you can check whether you are covered through your Private Health Fund. There is no referral needed for this.

Other supports - Your close friends and family can play an important role in your recovery by providing support, understanding, and help.