



TIP SHEET.

Depression.

In any one year, approximately 1 million Australian adults experience 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 of depression

- 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
- 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 Help

General Practitioner - Your local GP is a good place to start. Your doctor can discuss different treatment options available to you, 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 your ongoing support.

Employee Assistance Counselling (EAC) - EAC is available to all Department for Child Protection employees, their immediate family members (spouse/partner, children or those with whom they live) and volunteers. Access to EAC is a fully DCP funded employee benefit. EAC can be accessed for up to 6 sessions per presenting issue per calendar year.

Psychologist - No referral is required to see a psychologist. Psychological services may be covered under your private health insurance. Alternatively, you can access psychological services through a MHCP. A MHCP entitles you to access up to 10 sessions per year, partially funded through Medicare.

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