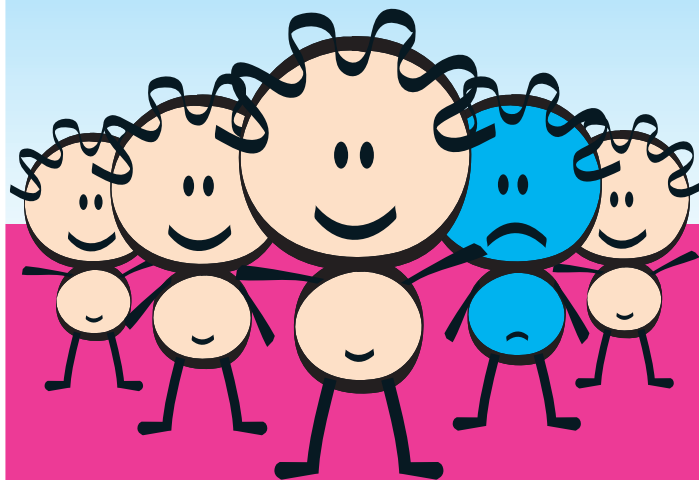


FRONT

# depression? You're not alone

In Australia, one in five people will experience depression at some time in their life...



- ▶ **What is Depression?**
- ▶ **Treatments for Depression**
- ▶ **Useful Contacts**

## Depression is Treatable

As people experience depression in different forms and at different levels of severity, it is essential that thorough medical and psychological assessments are first conducted before an appropriate treatment plan is decided upon.

A range of treatments for depression is available including: medication, counselling, education and lifestyle changes.

- ▶ The most common medications are antidepressants, which help control chemical messages in the brain. These help to improve sleep, concentration and energy levels. They also contribute to a better mood and less anxiety.
- ▶ Counselling and information can help people reduce stress by addressing life conflicts, developing new ways of thinking and promoting better overall coping skills.
- ▶ Part of the treatment may also involve reducing isolation by strengthening the relationships between the individual and their family, friends and local community, e.g. through support groups and other community health services.
- ▶ Lifestyle factors, such as a healthy diet, regular exercise and relaxation techniques, can also assist in the treatment process.

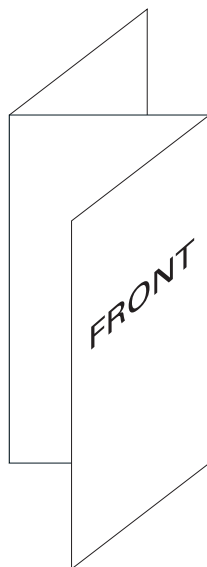
## What is Depression?

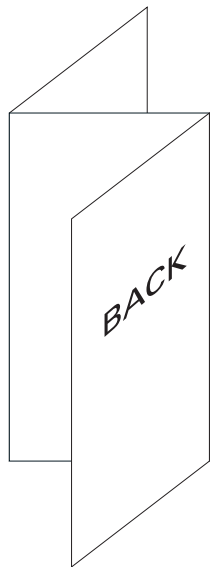
It is normal for people to feel sad at times, particularly when they experience loss and feelings of grief, such as: grief from the death of a loved one, the loss of a job, the ending of a relationship or the onset of poor health.

Depression is more than just a low mood or feelings of sadness. It is a serious medical condition. If you have experienced 3 or more of the following symptoms for at least two weeks, seek assistance as soon as possible:

- ▶ Persistent sad, anxious or "empty" moods
- ▶ Feelings of hopelessness, pessimism, guilt, worthlessness, helplessness
- ▶ Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- ▶ Decreased energy, fatigue, a feeling of being "slowed down"
- ▶ Difficulty concentrating, remembering, making decisions
- ▶ Insomnia, waking up early in the morning or oversleeping
- ▶ Appetite changes, weight gain or loss
- ▶ Thoughts of death and suicide; suicide attempts
- ▶ Restlessness, irritability
- ▶ Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain

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## Depression Contacts: Information and Crisis Services

### Information and Referrals

Information and referral agencies can tell you about and direct you to the appropriate treatment and support services in your local area.

beyondblue  
www.beyondblue.org.au

depressioNet  
www.depressionet.com.au

Mental Health Foundation of Australia (Victoria)  
www.mentalhealthvic.org.au Ph: 9427 0406

The Association of Relatives and Friends of the Emotionally and Mentally Ill (ARAFEMI)  
www.arafemi.org.au Ph: 9889 3733

### Crisis Assessment and Treatment Services (CATS)

The following service provides assessment and treatment to people in crisis due to severe depression and mental health disorders. It also responds to people presenting an immediate risk of suicide.

Southern Health Psychiatric Triage Ph: 1300 369 012  
(24 hours)

### Crisis Counselling

The following telephone services offer free 24 hour crisis counselling, 7 days per week.

CareRing Ph: 136 169

Kids Help Line Ph: 1800 551 800

Lifeline Ph: 131 114

Griefline (12 noon-3am only) Ph: 9596 7799

## Depression Contacts: Low Cost and Private Counselling

### Low Cost Counselling

The following centres provide low cost counselling and support services for individuals in the cities of Bayside, Glen Eira and Kingston.

Bentleigh Bayside Community Health Service  
Gardeners Road, Bentleigh East Ph: 9575 5333  
and  
4 Livingston Street, Highett Ph: 9553 6033

Caulfield Community Health Service  
240 Kooyong Road, Caulfield Ph: 9523 6666

Central Bayside Community Health Service  
335-337 Nepean Highway, Parkdale Ph: 8587 0200

Connections  
274 High Street, Windsor Ph: 9521 5666

Southern Family Life  
197 Bluff Road, Sandringham Ph: 9598 2133

### Private Counselling

The APS is the professional association for psychologists in Australia. It offers a free community referral service to assist in the location of suitable registered psychologists in your area.

The Australian Psychological Society (APS)  
www.psychology.org.au Ph: 8662 3300

Family therapists focus on the interactions and personal relations of family members. The VAFT provides referrals to qualified family therapists in your area.

Victorian Association of Family Therapists (VAFT)  
www.vaft.asn.au Ph: 9376 9162

## Depression Contacts: Disability Services and Support Groups

### Psychiatric Disability Rehabilitation and Support

Psychiatric disability and rehabilitation support services may provide activities, outreach support, accommodation or assistance with employment. Assistance for carers is also available.

Reach Out Southern Mental Health  
8b Park Road, Cheltenham Ph: 9585 5677

### Support Groups

Support Groups provide an opportunity for people with similar problems to meet, exchange ideas and support one another through their difficulties.

Check with your local community health service or neighbourhood house for specific details of support groups running in your area.

GROW Victoria  
Meetings at Bentleigh East, Caulfield and Moorabbin  
www.grow.net.au Ph: 9890 9846

Mental Health Foundation of Australia (Victoria)  
Mood Disorders Support Group  
Mental Health House  
270 Church Street, Richmond Ph: 9427 0406

Moongala Women's Community House  
Post-Natal Depression Support Group  
824 Centre Road, Bentleigh East Ph: 9570 3468

Soft Pathway Self Support Group  
Meetings at Bentleigh East and Clarinda  
www.softpathway.com.au Ph: 0431 523 058

A project of the Glen Eira South Agency Network. Jointly funded by the City of Glen Eira, Rotary Club of Moorleigh-Bentleigh East, Monash Division of General Practice and the Bentleigh Bayside Community Health Service.

Brochure Designed by Marco Damiano and Troy Macris. V01, November 2004

