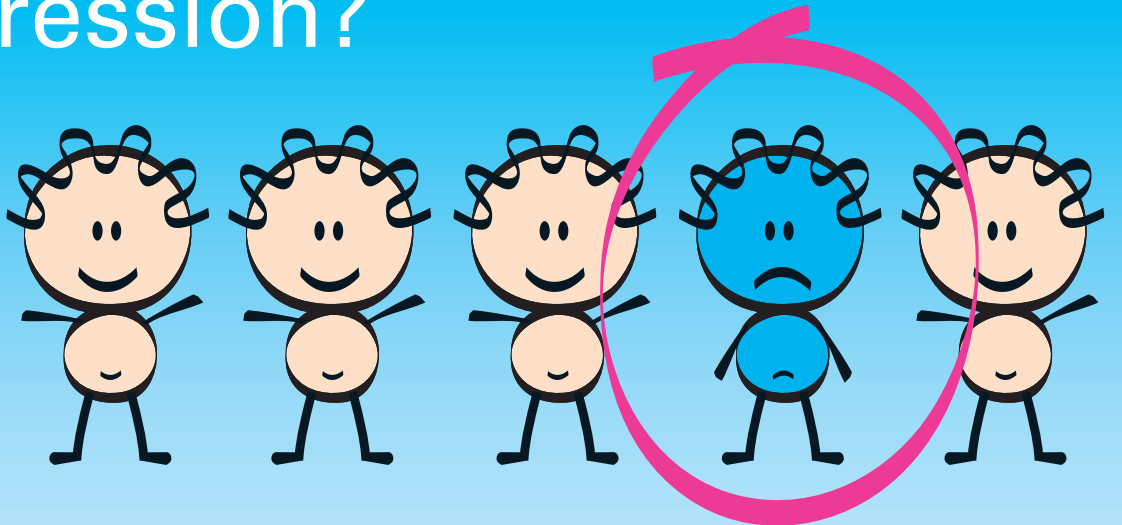


depression?

You're not alone

how common is depression?

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



what is depression?

- ▶ Have you or someone you care about experienced three or more of the following symptoms for at least two weeks? If 'Yes' you may be suffering from depression.

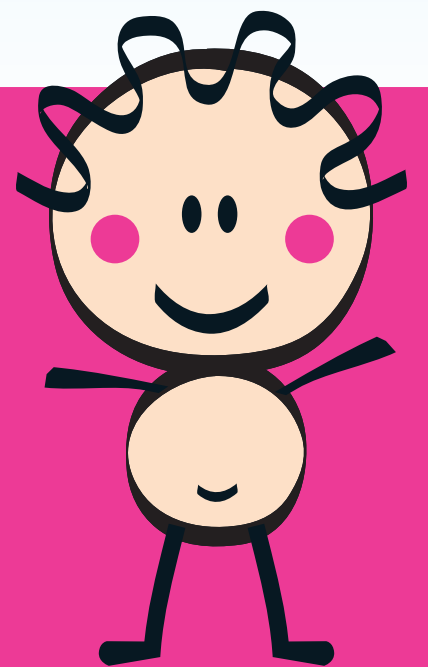
- ✓ Felt sad or low in mood?
- ✓ Lost pleasure in your normal activities?
- ✓ Lost appetite or increased appetite?
- ✓ Lost sleep or had too much sleep?
- ✓ Trouble concentrating?
- ✓ Persistent tiredness or restlessness?
- ✓ Felt worthless or guilty?
- ✓ Felt life is not worth living?

what can I do?

- ▶ Talk to your GP or Community Health Service Counsellor about the way you feel.



-  Counselling
-  Telephone counselling
-  Lifestyle changes
-  Medication
-  Alternative treatments
-  Support groups



for further information about depression, contact:

A General Medical Practitioner
Your Local Community Health Service

Mental Health Foundation of Australia (Vic)

T. 9427 0406
F. 9427 1294

www.mentalhealthvic.org.au

ARAFEMI (The Association of Relatives and Friends of the Emotionally and Mentally Ill)

T. 9889 3733
F. 9889 2878

www.arafemi.org.au

Department of Human Services

This website lists Community Mental Health Services in each region

www.health.vic.gov.au