



Depression

What is depression?

Feeling sad, low or moody is part of our normal functioning. Depression is experiencing these feelings intensely, and for extended periods of time. Depression is a serious condition that affects your physical and mental health and is one of the most common mental health issues in Australia.

What are the Symptoms of Depression?

- Appetite changes
- Difficulties with concentration and decision-making
- Fatigue or loss of energy
- Feelings of worthlessness or inappropriate guilt
- Insomnia (Sleeplessness) or Hypersomnia (EDS – Excessive Daytime Sleeping)
- Loss of enjoyment – social withdrawal
- Low mood and tearfulness
- Physical agitation or slowing
- Recurrent thoughts of death or suicidal thoughts – Attempted suicide

Remember:

Help is always available.

Seeking help:

If you are experiencing depression, it's a good idea to talk to someone. This could be your friends or family, a GP or the EAP. There are a range of effective treatments for anxiety which can help manage, reduce or eliminate anxiety and its symptoms.