

Depression

What is depression?

Depression is when you feel very sad inside. Your mood is low and you lose interest in things that used to make you happy.

It's normal to feel sad sometimes, but depression is different from the normal feelings of sadness. Depression is usually more serious and lasts a long time, and can affect anyone at any age.

What causes depression?

There is no one reason why someone gets depressed. Sometimes it's a combination of recent and long term events. There are a few things making a person more likely to have depression, such as:

- Family history
- Poor physical health or serious medical illnesses
- Sorry business or loss
- Stress
- Too much alcohol or drugs
- Suddenly stopping medical treatments.

How might I act with depression?

You may notice you are:

- Not getting things done
- Crying for no real reason
- Not sleeping
- Hungry all the time or don't feel like eating
- Not wanting to go out.

How do I feel with depression?

You might feel like you are:

- Sad, frustrated or cranky without any reason
- Having churning stomach
- Not interested in things you used to like
- Feeling worthless
- Having trouble concentrating
- Tired all the time

Being healthy with good food, exercising, connecting with culture, country and people who care can help with your wellbeing.



- Withdrawing from friends and family
- Feeling like you have got nothing to look forward to.

How can I manage my depression?

There are a few things you can do if you're feeling depressed or your mood is very low:

- Chat with someone you trust such as family, friends, Elders and community
- Do things you enjoy, especially if they help you connect to your culture
- Connect with Traditional Healers and community support groups.
- Yarning with your doctor who can help you by organising a referral to a psychologist and counsellors and give you medicines to help with your mood.
- You can improve your wellbeing by connecting to country, culture and relaxing.
- Exercising regularly and eating healthy food
- Don't suddenly stop medications prescribed by your doctor when you start to feel better, as your mood may suddenly drop, and you will feel no good
- Alcohol and other drugs can influence your mood so it's a good idea to stop. You can yarn to your doctor or health clinic about getting support to stop.