


Symptoms of Depression

These are just some of a number of symptoms that may be experienced. It's important to remember that we are all different and may experience some of these symptoms listed below from time to time, and it may not necessarily mean we're depressed. Likewise, not everyone who is experiencing depression will have all of these symptoms listed below.

 Feelings	 Thoughts	 Behaviour	 Physical
<ul style="list-style-type: none"> Overwhelmed Guilty Irritable Frustrated Lacking in self-confidence Hopeless Indecisiveness Upset Miserable Down 	<ul style="list-style-type: none"> "I'm a failure." "It's my fault." "Nothing good ever happens to me." "I'm worthless." "Life's not worth living." "People would be better without me" Thoughts of suicide 	<ul style="list-style-type: none"> not socialising not getting things done at work and/or school withdrawal from family and friends relying on alcohol and drugs not enjoying activities unable to concentrate and difficulty in making decisions 	<ul style="list-style-type: none"> tired and fatigued sick and run down headaches and muscle pains churning stomach Change in sleep patterns (excessive or less) change in appetite (excessive or less) Slowing of movements or speech, or restlessness

Treatments for depression

There are a range of effective treatments for most people with depression. Most people recover from depression, and it's different for everyone. It is important to finding the right treatment and the right health professional to assist you. Below are the range of effective treatments.

Psychological Treatments	Medical Treatment	Complementary Therapies
Cognitive Behaviour Therapy	Antidepressant medication	Exercise
Interpersonal Psychotherapy	Antipsychotic medication	S-Adenosylmethionine
Behaviour Therapy	Mood stabilisers	Light therapy
Mindfulness based cognitive therapy	Electroconvulsive therapy	
	Transcranial Magnetic stimulation	

Individuals must consult their medical specialist to identify the best and effective treatment for depression.

Phone and Online Support

- Lifeline 24 Hour Counselling and Crisis Support Chat: 131 114
- Kids Help Line: 1800 55 1800
- Mensline Australia: 1300 78 99 78
- Suicide Call Back Service: 1300 659 467
- Beyond Blue Support Service: 1300 224 636
- MH CALL Triage Service, 24 hours, 7 days:
1300 642 255

Websites and links

- [Beyondblue www.beyondblue.org.au](http://www.beyondblue.org.au)
- [Black Dog Institute www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)
- [Head to health www.headtohealth.gov.au](http://www.headtohealth.gov.au)
- [Mindspot www.mindspot.org.au](http://www.mindspot.org.au)

Queensland Support Groups

Carers Queensland – Provides support groups for carers throughout the whole of QLD. Offers social and emotional support, an opportunity to share information and ideas, and time out from the caring role.

Centacare Cairns – Offers a number of groups each week.

MINDNET Depression & Bipolar Meet-Up Group – The group is run online and also usually meets each fortnight on the weekend for a social activity. The people who come vary in ages from 20 through to into their 50s.

FYRENIYCE – Details of support organisations for carers and consumers in Brisbane and New Farm.

GROUP 61 – Group 61 is volunteer organisation which helps people affected by mental health issues living in the community on the north side of Brisbane and beyond. It is multi-faith with a Christian ethic.

GROW QLD and GROW Cairns – Support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress.

HAND UP (Townsville) is a support group for anyone dealing with mental health issues such as depression and anxiety. Call John: 07 4779 2203 or email: karen@handup.org.au

Mental Health Association (QLD) Inc. – Provides details of support groups for depression, bipolar, panic/anxiety, OCD and disassociative identity.

Mental Illness Fellowship of North Queensland Inc. – Assists a variety of self-help and support groups. Also provides telephone support networks for rural and remote areas to reduce isolation.

Neami National – Provides a range of psychosocial health and mental health recovery services including group programs, outreach support and short-term, live-in recovery services.

Books and Fact Sheets

- I had a black dog: His Name Was Depression (Johnstone, M.)
- Living with a Black Dog: How to take care of someone with depression While Looking After Yourself (Johnstone, M.)
- [Beyond Blue Publications](#)
- [Black Dog Institute Publications](#)

