

BEAT DEPRESSION



PUT YOUR MIND



Most of us feel unhappy or sad if we're disappointed, argued with a friend or are frustrated at work. Sickness or the death of someone close can cause immense grief and sadness. Sometimes we feel 'down' or 'blue' for no apparent reason.

These are normal emotional reactions that tend to last only a limited time.

What if I feel sad all the time?

Prolonged feelings of sadness, dejection and hopelessness could be a sign of a mental health problem, such as depression. Depression usually gets in the way of coping with everyday life. Getting out of bed, going to work, seeing friends – these everyday activities may become very difficult. If these feelings are preventing you from going about your normal routine, then you might need to talk to your doctor.

You're not alone

About one in five Australians will experience a mental health problem at some stage in their life.

Depression is closely related to other mental health problems, particularly anxiety and alcohol misuse.

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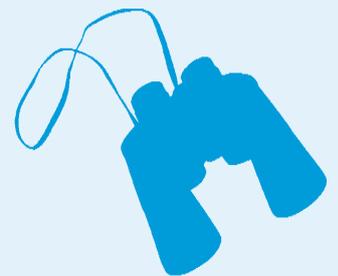
Depression and the veteran community

Depression affects many veterans and their families just like in the general community. The additional stress of active service, multiple deployments and exposure to trauma, can affect some more than others.

What are the signs?

When people are depressed they may experience some of the following:

- Little interest or pleasure in usual activities
- Feeling sad or irritable most of the time
- Trouble falling asleep or waking too early
- Worrying and negative thinking
- Feeling helpless
- Feeling tired all the time – everything seems like a major effort



If you have been experiencing any of these feelings for more than two weeks, then you should talk to your local doctor or VVCS – Veterans and Veterans Families Counselling Service.



What help is available?

Depression can be very effectively treated. Doctors or mental health professionals will use a variety of ways to help people recover from or manage their depression, including:

- Providing information to help better understand the causes and effects of depression and the available treatments
- Encouraging them to choose a healthy diet, regular exercise, stop smoking and cut down on drinking
- Psychological treatments which aim to change negative patterns of thinking and behaviour
- Medication to reduce the symptoms of depression, and to restore normal sleeping patterns.

Where to go for more information or help

- Talk to your doctor or health professional
- Call VVCS – Veterans and Veterans Families Counselling Service about counselling and their group programs on **1800 011 046**
- For more information call DVA on **133 254**
- Visit **www.dva.gov.au**

More information also available at:

www.bluepages.anu.edu.au

www.beyondblue.org.au

www.depressionnet.com.au