

MANAGING DEPRESSION AND ANXIETY

What is depression?

Depression is a serious mental health issue. If you have depression you may feel sad or miserable for long periods of time (eg. over 2 weeks) and, often, for no particular reason. Being depressed can be very isolating as you often don't feel like doing the things you used to do like going out with friends.

Who gets depression?

1 in 5 young Australians will experience depression before they turn 18. Youth suicide is the third most common reason for death in people aged 16-24. This is not only a health issue which affects young people - many adults also get depression too – but it is a serious problem for younger people.

What causes depression?

There are a number of factors that can result in depression, and it is different for different people. Sometimes there is no obvious reason for becoming depressed but at other times there can be triggers.

The Youth Beyond Blue website outlines a list of factors which, alone or together, can create the risk of depression: www.youthbeyondblue.com/depression-and-anxiety/

- being abused or bullied
- feeling that you are doing badly at work or school
- having bad experiences with your family (especially when you were young)
- family history of mental illness
- parents having depression or another mental illness
- family arguments, separation, divorce
- brothers or sisters moving out of home
- poor self esteem
- not getting on with friends or family
- not coping
- stress
- not being able to talk to people
- not having people to talk to
- being in debt
- putting yourself down
- feeling lonely.



What is anxiety?

Anxiety is the uncomfortable feeling of fear or imminent disaster, and is a healthy reaction to danger. Feeling anxious is a normal response to stressful situations such as exams or job interviews. However, if anxiety continues for prolonged periods of time it is possible an anxiety disorder. There are many different anxiety disorders including panic disorder, post-traumatic stress disorder and generalised anxiety disorder.

What causes anxiety?

As with depression, there are a range of factors that can result in anxiety. These factors can be biological (a parent with anxiety) or environmental (divorce). The Youth Beyond Blue website provides some examples of factors which could trigger anxiety:

- family conflict
- genetics (a history of anxiety in your family)
- disturbance of brain activity
- a stressful event like:
 - a family break-up
 - abuse
 - ongoing bullying at school
 - a death
 - a relationship break up.

How do I know if I am depressed or anxious?

It can be difficult to know if you have depression or anxiety. Youth Beyond Blue have some checklists that can give you an idea about whether you may be anxious or depressed.

- The Depression Checklist
www.youthbeyondblue.com/depression-and-anxiety/depression-checklist/
- The Anxiety Checklist
www.youthbeyondblue.com/depression-and-anxiety/anxiety-checklist/

Depression and anxiety are treatable. If you have concerns see a doctor, talk to a friend or family member or contact one of the professional advice lines or website below.

Getting help for depression and anxiety

Depression and anxiety are both illnesses that generally do not get better unless you get professional help. There are many different ways of treating anxiety disorders and depression including therapy and medication. If you or someone you know is, or may be, experiencing depression or anxiety talk to someone.



We recommend any of the following contacts:

- Your doctor
- School counsellor
- A trusted family member or friends
- Beyond Blue Info Line – 1300 224 636
- Kids Helpline – 1800 55 1800

Links

Following is a list of links to website which have some great information about depression and anxiety disorders:

Youth Beyond Blue

www.youthbeyondblue.com.au

The youth website of Beyond Blue, the national depression initiative. Focusing on depression, anxiety and substance use-related disorders, this site is aimed specifically at young people and provides information, tips, personal stories and links.

Headroom

www.headroom.net.au

Information and advice on how to look after the mental health of children and young people. This site is for children, young people, their families and friends and includes information on bullying, stress, problem solving and friendship.

Somazone

www.somazone.com.au

Young people-focused information about drugs, sex, mental health, body image and relationships

Reach Out!

www.reachout.com.au

Young people-focused information and advice on how to prevent and manage tough times - including an interactive program.

Its All Right

www.itsallright.org

Story-based information, advice and referrals for young people with a friend or family member who has a mental illness.



BY *choice* NOT CHANCE

Headspace

www.headspace.org.au

Information and referral for young people on a range of mental health issues

Kids Help Line

www.kidshelpline.com.au

Email and web counselling for children and young people aged between five and 18 years.

Beyond Blue

www.beyondblue.org.au

Information on depression by the national depression initiative

Black Dog Institute

www.blackdoginstitute.org.au

Information on depression - specifically causes, treatments, symptoms, getting help and current research findings.

SANE Australia

www.sane.org

Mental health-related information, links and online help for people affected by mental illness, their families and friends.

BluePages

www.bluepages.anu.edu.au

Information on the symptoms of depression its causes, how to prevent and treat it, as well as related links.

Depression

www.depression.com.au

This is an Australian depression information resource with links to depression support services, related sites, psychologists and therapists in your area.

Depression Guide

www.depression-guide.com

Depression Guide is a searchable index of articles and personal stories, related to depression - including symptoms, causes, types of depression and treatments.

Working Well

www.workingwell.org.au

Supports people in the workplace living with depression.



50 WAYS TO EXPRESS YOURSELF

ART		DESIGN	MOVEMENT
Do a drawing of your hand	Sew something from old clothes	Go for a walk	
Finger-paint	Re-arrange your bedroom	Have a jog	
Take some photos	Plant some vegies	Dance in the lounge-room	
Make some line drawings	Dye your hair	Do some street performance	
Make something with FIMO	Cook a meal from scratch	Play soccer with a friend	
Create something with your favourite photos	Build something from found objects	Learn self-defence	
Recycle an old book and use it to make some cards	Design your album cover	Try surfing	
Find an old curtain at the op-shop and do a mural	Dress up	Ride a bike	
Paint something , like your bedside table	Make a bird house	Join a team	
Do a storyboard of your life	Create a website	Have a swim	
WRITE		MUSIC	
A letter	Learn an instrument	<p>If you look at this list and think 'I don't know anything about that' google it!</p>	
A poem	Play some loud music		
A complaint	Go and see music		
A play	Form a band		
A song	Jam with some friends		
A short story	Learn how to record music		
A journal	Try singing		
Your favourite memories	Swap songs with friends		
A blog or vlog	Listen to a band you've never heard before		
A children's book	Make a cd of your favourite music for a friend		

