



# Getting help

If you do decide to get some counselling or join a support group here's some services that you might want to get in contact with:

## Phone Counselling

**Kids Help Line** 1800 551 800

Confidential phone counselling, 24hrs (5-18yrs)  
Web chat or email a counsellor at: [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Lifeline** 13 11 14

Confidential phone counselling, 24hrs (all ages)

## Mental Health Support Services

**YouthLink/YouthReach South/YouthAxis** 1300 362 569

Counselling & psychotherapy (13-24yrs)

**Youth Focus** 62664333

Counselling, education, peer support (12-18yrs)

**ARAFMI Youth Services** 9427 7100  
or FREECALL 1800 811 747 (rural)

Association of Relatives and Friends of the Mentally Ill

182-188 Lord St, Perth

Support for family & friends (8-18yrs)

## Child and Adolescent Mental Health

**Service Head Office** 6389 5800

Specialist assessment, treatment & service to children, adolescents and their families experiencing severe emotional, psychological, behavioural, social & or mental health problems (0-18 yrs)

<http://pmh.health.wa.gov.au/general/camhs>

## Headspace

Australia's Youth Mental Health Foundation

<http://www.headspace.org.au/> 1800650890

## Crisis Situations

You can try these numbers or just go to your local hospital emergency department if your feeling very depressed and/or suicidal.

**Mental Health Emergency Response Line (MHERL)**  
Crisis Care 9223 1111 or FREECALL 1800 199 088

## Emergency Medical Support

**Princess Margaret Hospital** 9340 8222  
Roberts Rd, Subiaco (6-16 yrs)

**Royal Perth Hospital** 9224 2244  
Wellington St, Perth

**Sir Charles Gairdner Hospital** 9346 3333  
Hospital Ave, Nedlands

## Doctors (who bulk-bill)

**Street Doctor** 9376 9200

**Perth Medical Centre** 9481 4342  
Shop 713, Hay St Mall, Perth

**Derbarl Yerrigan Health Service** 9421 3888  
156 Wittenoom St, East Perth



Geoffrey Sambell Centre  
23 Adelaide Terrace,  
East Perth 6004

Web: [www.anglicarewa.org.au](http://www.anglicarewa.org.au)

Email: [step1@anglicarewa.org.au](mailto:step1@anglicarewa.org.au)

Ph: (08) 9325 7033

Mob: 0418 942 475



223 James St  
Northbridge WA 6003  
Web: [www.youthlink.perthwa.net](http://www.youthlink.perthwa.net)  
Ph: 9227 4300

For referrals: 1300 362 569

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# Sad & Down

# What is depression?

Everyone gets depressed and sad from time to time. That's normal for everyone. But depressions can become a problem if it continues for a number of weeks and starts to interfere with your life.

People with depression may experience one or more of the following

- Difficulty sleeping or sleeping too much
- Decrease or increase in appetite
- Loss of interest in sex
- Arguing with people more
- Increased drug/alcohol use
- Feeling constantly tired or drowsy
- Loss of interest and pleasure in activities
- Crying spells or tearfulness
- Withdrawal from relationships

Depression also includes one or more of the following feelings

- Constant sadness that won't lift
- Feeling worthless and helpless
- Criticising/blaming yourself/guilt
- Loss of motivation
- Worry about health or life
- Difficulty making decisions
- Thoughts of hurting yourself or ending your life

How do I know if I need help? If you experience either of these things it may be a sign that you should get some support in managing these feelings:



## Overcoming depression

There are many options for combating depression. Some of them are:

### Seeing a Psychologist or Counsellor

Most people find that seeing someone with training can help them navigate through the cloud of depression. CBT (cognitive behaviour therapy) is one type of effective therapy for depression.

### Seeing a Doctor

Doctors can prescribe anti-depressants for you. Many people find them effective for combating their depression. Some have side effects, so talk to your doctor about what to expect. Also talk to your doctor about some alternatives like St John's Wort, SAME or taking Folate.

### Reading Books

You can find many books in your local library about overcoming depression. Try looking in the non-fiction section under the number 616.8527. Two good ones to look for are: "Beating the Blues" by Susan Tanner and Jillian Ball "Change your thinking" by Sarah Edelman.

### Looking on Web sites

You can find some great info on the net about depression. Try looking at these sites:  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.depressionet.com.au](http://www.depressionet.com.au)  
[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

## Alternative things

Your doctor or counsellor can give you more information about trying these things:

- Exercise & Eating healthy food
- Light therapy / exposure to morning sunlight
- Aromatherapy
- Getting into a routine
- Massage
- Relaxation Techniques
- Meditation
- Doing things you enjoy
- Joining a support group



## Helping others

If you know someone who's depressed it's important to do these things to support them:

- Listen to them non-judgementally
- Help them to get information on depression from a website or library book
- Suggest they go see a doctor, psychologist, counsellor or health professional
- Go with them to their appointment
- Have a chat with them regularly to see how they're going
- Encourage or get them involved in social activities
- Discourage them from medicating themselves with alcohol, illegal drugs or medications.

### It would be unhelpful to:

- Put pressure on them
- Tell them it's just a phase and to "snap out of it" or "get their act together"
- Stay away or avoid them
- Tell them they just need to stay busy and get out more.