

Depression

Fact Sheet

What is depression?

Depression is more than just a low mood or feeling sad. It's one of the most common of all mental health problems, one in five people can experience depression at some point in their lives.

What causes depression?

- **Genetics** – there may be a history of depression in your family
- **Drug or alcohol misuse or abuse**
- **Health problems**
- **A stressful event** such as family conflict, a relationship breakup, abuse, a death, ongoing bullying, changing or losing a job, trauma or financial difficulties
- **Poor working conditions**

What are the common signs of depression?

Behaviour:

- stop going out
- getting behind with your studies
- withdrawing from family or friends
- difficulty concentrating
- poor memory
- relying on alcohol or other drugs
- no longer getting pleasure from usual activities

Feelings:

- overwhelmed
- low mood, lonely, sad, hopeless
- irritable, agitated or frustrated

Thoughts:

- 'Nothing good ever happens to me!'
- 'I'm worthless'
- 'Life isn't worth living'

Physical:

- lack of energy or tired all the time
- increased emotionality (crying)
- being sick often
- poor personal hygiene
- sleep difficulties
- headaches, muscle pains, stomach aches, changes in appetite/weight



Quick Tips (what can you do)

There are many things you can do when you're feeling down or depressed:

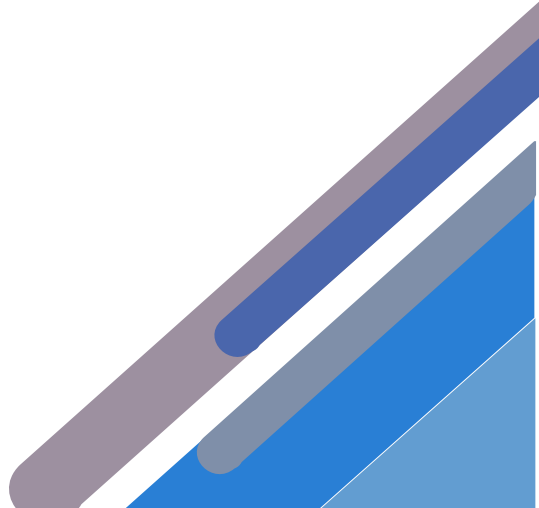
- Talk to your doctor or the RMIT Training Counsellor
- Understand the triggers and warning signs that lead to you feeling sad/depressed
- Reduce and manage your stress and anxiety – take time out, go for a walk, delay major changes, learn to relax, practice meditation or deep breathing
- Maintain a healthy lifestyle – get enough sleep, eat well, exercise, stay connected with family and friends
- Plan your day/week so you have a regular routine and can look forward to doing the things you enjoy
- Reduce alcohol and other drug use

Where to go for help

- Go to your General Practitioner
- Lifeline: 13 11 14
- Kids Helpline: 1800 55 1800
- Suicide Helpline: 1300 651 251
- *beyondblue*: 1300 22 46 36 - www.beyondblue.org.au
- Youth *beyondblue*: www.youthbeyondblue.com
- headspace (Australia's National Youth Mental Health Foundation): www.headspace.org.au
- MensLine Australia: 1300 78 99 78 - <https://mensline.org.au>

How to deal with a bad day

We can all have bad or sad days – here's what you can do:

- Get out of bed – even if you don't want to.
 - Try to maintain your normal routine - go to work, class, or social activities.
 - Catch up or call your friends or family
 - Keep active – plan to do at least one activity that you really enjoy every day (read a book, listen to music, watch a movie, go to the beach or a park, do some gardening, play or watch sport). Doing some regular physical exercise and activity will help you to maintain good mental and
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RMIT Training Wellbeing Service

The Wellbeing Service is free and confidential for students. To arrange an appointment please email wellbeing@rmit.edu.au