

Depression.

Information you should know.

Depression is a serious psychological and emotional mental state that is not just "all in your head". It's more than **feeling down in the dumps** or **blue** for a few days. It is feeling down and low and hopeless for weeks at a time.

Signs & Symptoms

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness and pessimism
- Feelings of guilt, worthlessness, and helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed.
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death/suicide and/or suicide attempts
- Lack of motivation

Possible Causes

- Low self-esteem
- Negative thinking
- Relationship breakdown / Divorce
- Workplace bullying / overworked
- Death or illness of a loved one
- Abuse and family violence
- Trauma
- Drug / alcohol use
- Daily stress
- Financial issues
- Medical issues

Treatment

A variety of treatments are available including, clinical psychotherapies, such as Cognitive Behavioural Therapy (CBT) have been shown to be highly effective for depression. These include Regular Exercise, Lifestyle change or Medication (GP).

**To help you overcome Depression
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