Depression

Getting Help

FACTS

> Every year 1 in 4 young Australians aged 18-24 will experience a mental health problem. For those aged 12-16, the odds aren't much better – up to 1 in 5.

> Depression, and Psychosis are mental health problems that tend to first occur during adolescence and young adulthood.

> Early detection and treatment increases the likelihood of recovery and can prevent mental health problems from occurring in the future.

> Help is available. So get on top of it, before it gets on top of you.

Psychosis

When people hear the word psychosis or psychiatric, many think of violent images and people who are aggressive or out of control. This perception is incorrect. Psychosis describes a state of mind in which a person experiences a distortion of, or loss of contact with reality.

Symptoms

The very early signs of psychosis are often subtle changes that are definitely different to how someone usually feels. These early signs include:

- Feeling depressed or sad most of the time
- Having difficulty relating to family and friends
- Having more difficulty coping with work or school
- Feeling very tired or lacking in energy
- Feeling paranoid or worried about other people and their actions
- Noticing things in the surroundings that other people don’t.

Later on, as psychosis develops, a person may experience more obvious symptoms. Typical symptoms are:

- Confused thinking or difficulty making sense to others
- Strange or unusual ideas that aren’t based on reality
- Seeing and hearing things that others can’t
- Changed feelings or behaviour
- Behaving quite differently to usual.

Depression

Getting Help

The recommended treatments will depend on the symptoms, severity and the circumstances of the person.

Getting help early is a key to successful treatment and there are many different types of people that can help, including:

- General Practitioners (GPs)
- Your local or family doctor
- Counsellors
- Mental Health Services

You can visit our website getontop.org or call our information line 1300 73 22 11 to find the closest source of help in your area or just to find out more information.

Tessa’s experience

When Tessa became unwell with depression she felt as though no-one could like her. She began to wonder just what was the point of anything. At first she lost interest in everything and didn’t feel like going out with her friends as much. She also found it difficult to concentrate on her work.

Over a couple of weeks she started to feel tired all the time and didn’t sleep properly. She would wake up early before the rest of the family and lie there feeling deeply sad, all alone and forgotten by the world. She felt as though everything was darkness and full of nothing, stretching out in front of her forever with no chance of anything ever feeling better again. Thinking of this made her feel that dying would be better than living.

Ben’s experience

When Ben was becoming unwell with psychosis, he was all alone. He began to suffer from depression and worried. For some reason things around him seemed somehow changed and unusual. Over time, he started to worry that something bad was going to happen to him. He began to withdraw from other people because he felt scared and suspicious of them, even though he didn’t really know why.

He also noticed that his hearing and vision were different and at times he thought he could hear someone whispering to him, even though he thought he could hear someone whispering to him, even though he

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Later on, as psychosis develops, a person might experience more obvious symptoms. Typical symptoms are:

- Feeling down or irritable most of the time
- Loss of interest or pleasure in life
- Feeling guilty, bad or worthless
- Change in appetite or weight
- Tiredness or lack of energy
- Thoughts of death or dying
- Sleeping problems
- Difficulty concentrating or making decisions
- Avoiding friends, family and regular activities.

If you know someone who has had five or more of these symptoms for two weeks or more it is quite possible they might be suffering from depression.