

Depression

Depression affects one in five people at some stage of their life. Is more than just a low mood, and can be treated. Learn more about depression and how you can overcome it.

Being depressed is not just about feeling sad, although being sad and teary can be a sign of depression. Depression can often be the lack of feeling, of feeling numb, of being stuck and often not having the words to explain how and why you feel the way you do. Depression can be described from Mild to Severe depending on how long you have been depressed, and the impact it is having on your life. You are depressed if, for two or more weeks, you have been experiencing some (several) of the following symptoms:

- *low mood for most of the day*
- *lack of interest in things you used to enjoy*
- *changes in diet and/or weight*
- *a change in sleeping pattern*
- *feeling physically restless or slow*
- *feeling worthless or guilty*
- *poor concentration*

What you can do about it

If you are concerned that you may be depressed, talk to your doctor and/or a counsellor about what you are thinking and feeling. There are many things that have been shown to help people out of their depression, including medicine and counselling, complimentary therapies, and physical activity.

- *A counsellor will assist you find out, and deal with what is causing your depression*
- *Anti-depressant medication, whilst not making you 'happy', can get you going again*
- *Identifying the thoughts and beliefs that bring you down and changing them to be more realistic and helpful to you is a very successful way to overcome your depression*
- *For many people, doing a number of things to help them is the most effective*

Depression and your study

It can be very hard to find the motivation to study when you are depressed. Although there are many reasons for lack of motivation, finding it difficult to concentrate and lack of motivation may also be a sign of depression. Your ability to think clearly and critically, remember what you read and learn becomes more difficult when you are depressed. If your sleeping pattern has changed, you may find yourself missing classes and not finding time to study efficiently.

Quick tips

- *If you think you are depressed, see a counsellor or a doctor as soon as possible.*
- *Do what you can to keep your energy levels up by making an effort to eat well and exercise.*
- *Go to bed at night and get out of bed in the morning at the same time each day.*

Contacting a counsellor

BIT provides free on campus counselling to assist you in managing depression. Please make an appointment at reception or speak to our counsellor direct. All counselling sessions are STRICTLY confidential.

Taking it further

Contact **Beyond Blue** on
<http://www.beyondblue.org.au/>

Contact **Depression Net** on
<http://www.depressionnet.com.au/>