Everyone can have days when they are feeling sad or down. Depression is more ongoing, with these feelings lasting for two weeks or more. Depression can also involve a range of other symptoms. Depression can stop you from participating in activities within your life. You may feel isolated, unmotivated, guilty, numb or worthless, and stop enjoying activities you once enjoyed. You may lose your appetite, lack concentration and feel tired often. Symptoms of depression can often cause a cycle, as shown in the diagram below.

You can beat depression – there is lots of help available. You can learn some strategies to get you participating in life again. Some people require medication so you could visit your GP or you can visit University Counselling and Psychological Services in the first instance to discuss your situation.

Managing depression

- Talk to your friends and family about how you are feeling.
- Spend time with others – depression can be isolating, so try to engage in community groups or student groups.
- Schedule in some activities everyday – e.g. walking, attending lectures, reading, listening to music, visiting friends. Notice how your energy and mood improves after participating in any activity.
- Try not to ‘beat yourself up’ for feeling this way.
- Challenge your negative thoughts – they may seem logical, but thoughts are not always the absolute truth. You do not have to believe or obey them.
- Look at your lifestyle - avoid alcohol and drugs, increase exercise, practice healthy eating.
- Learn some healthy sleep strategies.
- Take time to acknowledge positive aspects or changes in life, no matter how small they may seem.

Help is available

- Contact your GP, the Health Service on campus or University Counselling and Psychological Services on (02) 4921 6622.
- Talk to a family member or friend and they may be able to help you seek professional support.

Online resources

Beyondblue
www.beyondblue.org.au/the-facts/depression

Black Dog Institute
www.blackdoginstitute.org.au/clinical-resources/depression/what-is-depression

Centre for Clinical Interventions

Headspace

MindSpot
www.mindspot.org.au/depression

MoodGYM
www.moodgym.com.au

Apps

Search on the App Store or Google Play

What’s Up? - A Mental Health App
This app uses evidence based methods to help you cope with depression and other concerns. au.reachout.com/tools-and-apps/whats-up