

# Depression

One in five of us may feel depressed at some time in our lives. Depression can be a debilitating mood disorder that affects sufferers both emotionally and physically.

We all feel low or unhappy from time to time. Life has a habit of presenting us with unexpected challenges that put us under pressure or make us feel vulnerable. We might experience tensions with friends or family, be snowed under at work, have financial worries, or be saddened by grief. Sometimes the reason we feel down isn't even clear. But, in time, the worries subside and life returns to normal.

## Are you depressed or just feeling down?

Clinical or 'major' depression is quite different to just 'feeling down'. Not only does the low feeling not fade, but it can intensify to a feeling of extreme hopelessness and an inability to function normally.

## How many of these symptoms of depression do you experience?

- I feel at times that nobody likes me
- I have lost my self esteem and am not as confident as I used to be
- I feel like a failure
- I have thought about harming myself
- I feel hopeless and at times think life is not worth living
- The pleasure and happiness has gone out of my life - I feel sad and 'down in the dumps' all the time
- I've stopped doing things that I used to enjoy
- I've noticed physical changes such as sleeping / eating issues, fatigue and stomach upsets

Episodes of depression may also be related to other disorders such as bipolar, anxiety, post traumatic stress, or an addiction. If left undiagnosed and untreated, clinical depression can lead to deep feelings of isolation and helplessness, potentially culminating in suicidal thinking. When things reach this level, action must be taken to avoid a crisis.

## Depression distorts our thinking

When you are depressed, it's very difficult to think that anyone understands or even cares. Feelings of worthlessness and powerlessness can sometimes overwhelm your rational thoughts.

The important thing to remember is that your feelings are real. You don't need to have a reason for feeling this way. Think of this as an emotional injury: you have as much right to ask for help as someone who has an obvious physical injury or is in chronic pain.

If you feel as if you want to harm yourself, you need to ask for help immediately.

Please, talk to someone.

Call:

- Your local hospital, or
- Your community mental health service (in your local phone book), or
- Lifeline: 13 11 14.



**SOUTH PACIFIC PRIVATE**

Australia's Leading Treatment Centre

## South Pacific Private's approach to treating depression

Recovering from depression is more likely to be successful when treatment takes into account all aspects of a person's life. All of us are complex products of our history and our day-to-day lives. Because we don't live in isolation, our problems can't be treated in isolation either. Identifying the influencing or contributing factors – home life, work, relationships, personal medical history, or past traumatic experiences – and treating them, together with the depression itself, is the only way to fix the problem for good.

Our range of day, evening and in-patient programs can help people with all forms of depression including those who are:

- Feeling down or mildly depressed
- Experiencing dysthymia (persistently feeling low)
- In the depressive phase of Bipolar Disorder
- Heavily (clinically) depressed

We offer a combination of medical, therapeutic and skills-based counselling for those wanting to understand and overcome their depression. We can help you regain control over your thoughts and give you the skills you need to avert crises in the future.

## Benefits of our treatment programs

In line with the duration of each program, you will gain a deeper understanding of

- Why you feel the way you do
- Sabotaging behaviours and hurtful personal beliefs
- Thought processes and family dynamics

You will also learn how to

- Improve your communication and relationship skills
- Practice mindfulness (self awareness of your thoughts, feelings and physical wellbeing)
- Manage times of increased anxiety or distress
- Manage your thoughts (form and use effective counterstatements for thinking distortions and change debilitating personal beliefs)

## Things you can do to minimise stress

- Exercise - even taking a gentle walk for 20 minutes per day can help
- Do one thing for self-care every week e.g. yoga, writing or taking a long bath
- Learn some breathing techniques to help you relax
- Test the reality of your beliefs - what proof do I have to back up this negative thought?

## For treatment options, other resources, or a complimentary assessment

- phone 1800 063 332
- visit [www.southpacificprivate.com.au](http://www.southpacificprivate.com.au)
- email [info@southpacificprivate.com.au](mailto:info@southpacificprivate.com.au)