

WHERE TO GO FOR HELP

If you require further information or help please contact your Employee Assistance Provider or your preferred medical or mental health provider.

Beyondblue

An organisation targeting awareness and responsiveness to mental illness, in particular depression.

www.beyondblue.org.au

Black Dog Institute

A not-for-profit organisation that facilitates education, research, and information in both clinical and community settings.

www.blackdoginstitute.org.au

World Health Organization (WHO)

WHO is the directing and coordinating authority for health within the United Nations system. Their website provides information and resources about mental health and specific disorders.

www.who.int/mental_health

Depression



Depression alone accounts for six million full work days lost per year, or three to four days off work per month for each person experiencing depression.

Depression is one of the most common mental illnesses, and in 2002 it was reported to account for 4.5% of the worldwide total burden of disease. The effects of depression reach far and wide, not only affecting the persons with depression but their family, friends, and colleagues. You might notice some warning signs of depression in someone at work and although it is difficult to address, if left alone, depression can have a far worse outcome.

Have you or someone at work been:

- Finding it difficult to concentrate on tasks
- Turning up to work late
- Feeling tired or fatigued
- Getting angry easily or frustrated with tasks or people
- Avoiding being around colleagues e.g. sitting by themselves at lunch-time
- Finding it difficult to meet reasonable deadlines
- Finding it hard to accept constructive and well-delivered feedback
- Having difficulty managing multiple tasks or demands
- More vulnerable to stress and anxiety
- Drinking more alcohol to cope with other symptoms of depression

WHAT TO DO?

Don't ignore the problem! If you or someone you know is experiencing these feelings—take them seriously and seek help. Encourage them to talk to a professional; You can contact a local GP, medical centre, local area health service, Psychologist, or in the case of a crisis contact a 24-hour support telephone line. At work contact your HR or counselling representative.

If left ignored depression can worsen; But with help and understanding depression can be treated. There are a variety of ways that depression can be treated. By seeking professional help individuals can tailor their treatment in a way that is effective for them.