

# ATTENTION TO PREVENTION

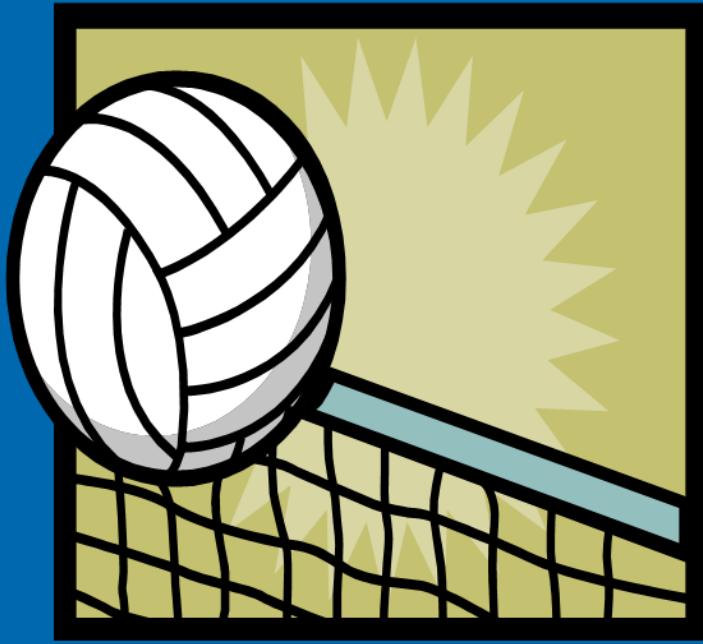
Preventing Depression in Young  
People



# ATTENTION TO PREVENTION

## Objectives

- Young person's story.
- What is depression?
- Signs of depression.
- Causes and risk factors of depression.
- Supporting yourself.
- Supporting peers.
- Where to get help.



# Role Play



# What Do You Know About Depression?



# What Depression Isn't.



- a passing “blue mood”
- personal weakness
- easy to live with
- something that can be “wished away”
- without treatment, signs can last for weeks, months, or years.

# True or False?

1. “Depression affects only adults.”
2. “People who are depressed never get over it.”
3. “People who are depressed are the only ones that can help themselves.”
4. “People who are depressed need medication.”

# The Facts on Depression

- 14% of Australian young people aged 4-17 have mental health problems. Only one out of every four young persons with mental health problems had received professional health care.
- In 2004-2005, one in 10 young Australians had a long-term mental health or behavioural problem
- One in four women and one in six men will suffer from depression at some stage in their lives.
- Depression will be the second biggest health problem world-wide by 2020. (WHO)

What would you notice about  
someone who might be  
depressed?





# Signs of Depression

- Feeling empty or very sad
- Anxious, nervous or excessive worry
- Low energy
- Lack of motivation
- Out of character behaviour, e.g. anger, excessive alcohol & drug use
- Feeling lost or alone
- Feeling overwhelmed
- Loss of interest in things you normally enjoy



# Signs of Depression

- Sleep disturbances (very tired/irritable)
- Unable to concentrate/forgetful
- Head aches/ feeling unwell
- Excessive crying
- Weight changes, loss/increase in appetite
- Lack of interest in friends, family or hobbies
- Thoughts of helplessness and hopelessness



# What Are Some of the Stressors That Young People Experience?



# Depression Triggers

- Parental separation or divorce
- Relationships break-ups
- Physical, sexual or emotional abuse
- Problems/fighting in the family
- Being bullied
- Loss of loved ones
- Loss of a pet
- Changing school or moving house
- Prolonged drug and alcohol use
- Loneliness
- Failure and disappointment
- Unemployment or lack of money
- Exams and school stress
- Sometimes for no obvious reason at all.



# What Can I Do To Prevent Depression?



# Balanced Lifestyle

- Maintain a healthy diet
  - Engage in regular exercise
  - Maintain a healthy sleep routine
  - Improve your time management
  - Improve stress management skills.
  - Fun and relaxation
  - Realistic goals
  - Get involved in community
- 

# Be Socially Active

- Social relationships
- Feel connected
- Take up a hobby
- Play team sports
- Improve self esteem
- Volunteer



“Spending time with friends and family is one of the most important things in life.”

# Work on Relationships

- Maintain relationships with friends and family
- Keep working through good times and bad
- Communicate effectively
- Listen carefully



“Make every moment count”



# I Feel Depressed

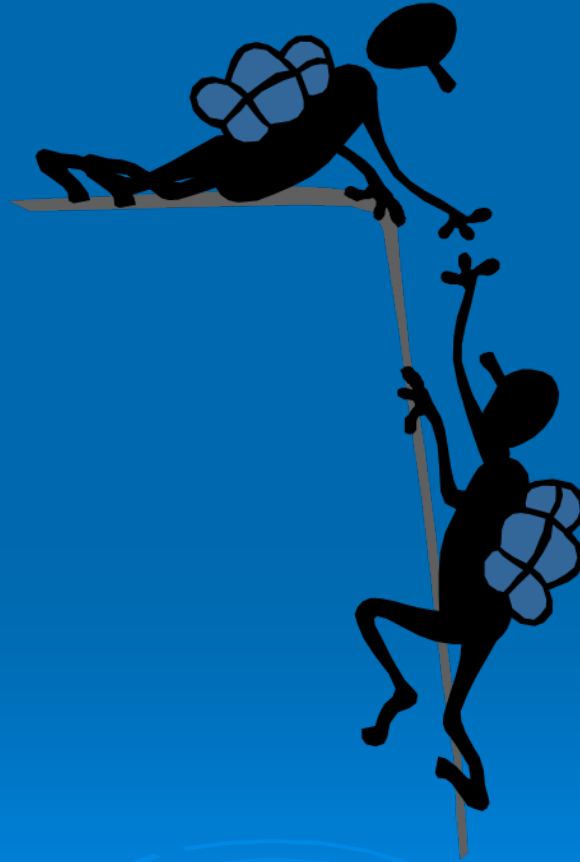
## NOW WHAT?




# Reach Out

- TELL SOMEONE
- Access counselling
- Check out information websites
- Call a helpline
- Seek medical advice


# How Can You Support Peers?



# Don't...

- Blame
  - Judge
  - Tell them to “get over it”.
  - Keep secrets
  - Tease
  - Force them to talk if they don't want to
  - Overreact
- 

# Do...

- ✓ Listen
  - ✓ Support
  - ✓ Encourage
  - ✓ Be clear and honest
  - ✓ Remain calm
  - ✓ Involve others
  - ✓ Get support for yourself
- 

# Where To Get Help

- Family
- GP, school psychologist, chaplain or nurse
- Youth Focus (08) 9361 4222
- Lifeline 13 11 14
- Kids Helpline 1800 55 1800
- Reach Out ([www.reachout.com](http://www.reachout.com))
- Crisis Care 9223 1111

?s



Thank you.

