

DEALING WITH MENTAL HEALTH & WELLBEING IN COVID-19 TIMES

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

BE ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

TAKE NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Give

Your time,
your words,
your presence

Rotary
District 9675

Rotary
CONNECTS
THE WORLD

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Providing Mental Health support - What is depression'

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. *Depression is more than just a low mood – it's a serious condition that has an impact on both physical and mental health.*

Depression affects how people feel about themselves. They may lose interest in work, hobbies and doing things they normally enjoy. They may lack energy, have difficulty sleeping or sleep more than usual. Some people feel irritable and some find it hard to concentrate. Depression makes life more difficult to manage from day to day.

A person may be depressed if, for more than two weeks, they have felt sad, down or miserable most of the time or has lost interest or pleasure in usual activities, and has also experienced several of the signs and symptoms across at least three of the categories below.

It's important to note that everyone experiences some of these symptoms from time to time and it may not necessarily mean a person is depressed. Equally, not every person who is experiencing depression will have all of these symptoms.



BEHAVIOUR

- not going out anymore (Connecting virtually)
- not getting things done at work or school
- withdrawing from close family and friends
- relying on alcohol and sedatives
- not engaging in usual enjoyable activities
- not being able to concentrate

FEELINGS

- overwhelmed
- guilty
- irritable
- frustrated
- lacking in confidence
- unhappy
- indecisive
- disappointed
- miserable
- sad

THOUGHTS

- 'I'm a failure.'
- 'It's my fault.'
- 'Nothing good ever happens to me.'
- 'I'm worthless.'
- 'Life's not worth living.'
- 'People would be better off without me.'

PHYSICAL

- constantly tired
- sick and run down
- headaches and muscle pains
- churning gut • sleep problems
- loss or change of appetite
- significant weight loss or gain

LIFE EVENTS CAUSES

Research suggests that continuing difficulties such as **long-term unemployment**, living in an abusive or uncaring relationship, **long-term isolation** or **loneliness**, and **prolonged exposure to stress at work**, are more likely to cause depression than recent life stresses.

However, recent events (such as losing a job) or a combination of events can trigger depression in people who are already at risk because of past experiences or personal factors.

Different health professionals (such as GPs, psychologists and psychiatrists) offer different types of services and treatments for depression.

SEEK SUPPORT

Australian crisis services to seek support the during the COVID-19 outbreak.

- Call this line if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week. 1800 020 080
- [Lifeline](#): Phone: 13 11 14 (24 hours/7 days) Text: 0477 13 11 14 (6pm – midnight AEDT, 7 nights) Chat online: [Crisis Chat](#) (7pm - midnight, 7 nights)
- [Beyond Blue](#): Phone: 1300 22 4636 (24 hours/7 days) Chat online: [Online Chat](#)
- [Suicide Call Back Service](#) on 1300 059 467
- [Open Arms - Veterans Support Service](#) - 24 hrs 1800 011 046
- [Kids Helpline](#) 1800 551 800
- [eHeadspace](#) 1800 650 890
- [Family Relationship Advice Line](#) 1800 050 321
- [Sexual Assault, Domestic or Family Violence and Abuse - 1800 RESPECT](#) 1800 737 732
- [Mensline](#): 1300 78 99 78
- [Qlife](#): 1800 184 527