



# Depression and your Jobseeker

Emp\_1003\_Depression and your Jobseeker






The black dog, the dark cloud, a bad year, a gloomy cold cell, a deep dark hole, blues, whatever you want to call it, depression is no fun! Although it can feel terrible, many people who suffer from depression can go on to live happy and healthy lives. Studies by BeyondBlue in 2015 report that one in five people experience depression at some stage of their lives.





This Tip Sheet can assist you in understanding your jobseeker's depression and where to access help.

## *SO WHAT IS DEPRESSION?*








We all feel down or sad from time to time and this is totally normal. Sadness is a reaction to something in particular, like a relationship break-up or loss of a love one. Depression is when the feelings of sadness last longer than normal, affect most parts of your life, and stop you enjoying the things that you once did.

Depression can happen to any of us at any stage in our lives. People often make the assumption that depression is due to a recent personal difficulty, however studies show that people can be at risk of developing depression from the following medical factors:

-  Low thyroid function
-  Brain injuries and diseases (eg. stroke, heart disease, head injury, epilepsy, Parkinson's Disease)
-  Some forms of cancer
-  Infectious diseases
-  Blood vessel disease in the brain due to diabetes and/or hypertension

-  Some steroid and hormonal treatments
-  Anaemia
-  Chronic pain
-  Quitting smoking

Other factors contributing to the development of depression include:

-  A lifelong worrier
-  A perfectionist
-  Sensitive to personal criticism
-  Unassertive
-  Self-critical and negative
-  Shy, socially anxious and having low self-esteem
-  Family history of mental illness and depression

## *GETTING HELP FOR DEPRESSION*

Depression is treatable and most people recover well from depression. Treatments are usually based on counselling therapy

A Unit 118 | 7 Hoyle Ave | CASTLE HILL | NSW | 2154

T 1300 796 640 F 02 8850 1401

W [www.pureinsights.com.au](http://www.pureinsights.com.au) E [info@pureinsights.com.au](mailto:info@pureinsights.com.au)





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and adding medications only when it is needed. Depending on the type of treatment, most people start to feel better or notice an improvement, after about two to six weeks.

Healthy eating and exercise plays an important role in any healthy life and also has a positive impact on people with depression. Try relaxation techniques, writing down your feelings, reducing stress and avoiding alcohol and other drugs. You will find that some days will be better than others. Overcoming depression can take time and it is so important that you seek help sooner rather than later.




## **FURTHER HELP AND SUPPORT FOR DEPRESSION**

**Find a GP or mental health professional.** If you think your jobseeker might have depression symptoms, visiting their local GP will make managing the symptoms much easier—they'll work with your jobseeker to figure out what's going on and will be able to refer you to other help if necessary.



### **Online information about depression.**

-  **The Black Dog Institute** – a research and treatment facility that specialises in depression and bipolar disorder. They have online information about

depression, including self-tests and suggestions for what your jobseeker can do right now.

-  **SANE Australia** - a mental health charity that provides information and resources for depression.
-  **Beyond Blue** – a mental health organisation that provides info on depression including symptom checklists and information on depression services.
-  **headspace** – a government organisation that provides information on depression. They also have treatment centres located all around Australia which your seeker can visit if they are worried about depression.

### **Online support groups**

-  **ARAFMI** (Association of Relatives and Friends of the Mentally Ill)- for friends and family members supporting people through depression and other mental health disorders
-  **Blue Board** – an online community forum for people suffering from depression, their friends and family.

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**Self-help strategies online.** There are a lot of places online which support your jobseeker to use self-help strategies to manage depression symptoms.

- 🕊 **MoodGYM** – an online cognitive behavioural therapy program from the Australian National University designed to reduce depression and anxiety symptoms.
- 🕊 **Helpguide.org** – an international Not-for-profit organisation, provides tips for managing depression.
- 🕊 **The Black Dog Institute's** guide to self-help strategies and alternative therapies.
- 🕊 **Just Ask Us** – a government program that provides information on mental health, information on alcohol and other drugs, and self-help material.
- 🕊 **myCompass** – an interactive self-help service from the Black Dog Institute. This is an online tool to help you track your moods and build resilience.

**If you need help urgently.** If you're feeling suicidal, unsafe or extremely distressed and need to talk to someone right now:

- 🕊 **eheadspace.org.au** - headspace's online chat counselling service. Available 7 days a week, 1pm-1am AEST.
- 🕊 **kidshelp.com.au** - Kids Helpline's web-based and email counselling service. Available 24/7 for young people up to 25yrs.
- 🕊 **lifeline.org.au** - Lifeline's online chat counselling service Available 7:30-10:30pm AEST Monday-Thursday.

If you are concerned for your jobseekers, please do not hesitate to contact Pure Insights for further advices and tips on supporting your jobseekers.

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