

Depression

Beating the blues

The facts!

Aboriginal people are known to suffer from depression.

If you feel depressed you can get help!

You are not alone.

For more information

Contact your local Aboriginal Medical Service or Health worker. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:
www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp

Produced by the NSW Chronic Care for Aboriginal People Program.
Aboriginal Health and Medical Research Council:
www.ahmrc.org.au

Adapted with permission from Daruk AMS, Mt Druitt

© NSW Department of Health 2004

For further copies of this document contact:

Better Health Centre – Publications Warehouse
PO Box 672, North Ryde BC 2113
Tel. (02) 9887 5450
Fax. (02) 9887 5879



NSW Chronic Care for Aboriginal People Program



*Chronic Care
for Aboriginal People*



These are some signs of depression

Remember you do not have to have all of these.

- Waking up feeling sad
- Feeling sad most of the day
- Being agitated and angry (fighting with your people)
- Crying all the time
- Not sleeping
- Not being able to get to sleep
- Bad thoughts most of the time (more than good thoughts)
- Changes in appetite
- Feeling like 'giving up'
- Losing interest in the things you like
- Feeling lonely
- Waking up early.

It is no shame if you have depression and need to take medicine for it.

What is depression?

It is normal to feel sad every now and then.

But when you are feeling sad or down for a long time – usually more than two weeks, or it happens for no reason then you may be depressed.

Depression ranges from mild to serious.

What can be done about depression?

Talk to someone about it and get help.

- Talk to your Aboriginal health worker
- Talk to your doctor/AMS
- Talk to the mental health team
- Talk to a counsellor or psychologist.

How does depression affect the heart?

It is important to look after your mind not just your body.

Experts say that people who experience symptoms of depression are more likely to develop heart disease.

It is no shame if you have depression and need to take medicine for it.

The tablets today are safe.

**NSW
Chronic Care
for Aboriginal
People
Program**