

Depression

What is Depression?

The word Depression is often used to describe transient feelings of sadness and disappointment or feeling “blue”. These feelings tend to lift in a few days having minimal impact on a persons daily functioning. However the same feelings that are prolonged and recurring are symptoms consistent with Clinical Depression.

Clinical Depression is an intense emotional, physical and cognitive state which causes prolonged disruption to a persons daily functioning.

Depression is not a state that a person can “just snap out of.” With the appropriate treatment depression can be effectively managed and in many instances resolved altogether.

Depression is not something to feel ashamed of or guilty about. It is not a sign of weakness.

Symptoms of Depression

- Loss of appetite
- Diminished interest in or enjoyment of activities
- Sleeplessness
- Lack of energy
- Poor concentration
- Social withdrawal
- Feelings of hopelessness
- Self blame or guilt
- Low self esteem

Causes of Depression

- Biochemical Factors - Chemical imbalances in the brain can cause depression. Illness, infection, excessive alcohol and drugs can trigger this imbalance.
- Genetic factors can create a predisposition to depression.
- Personality type - highly anxious and self critical personality types may be prone to depression.
- Environmental stressors coming from work, home, relationships or grief can result in a depressed mood state.

Treatment

The first step to treating depression is to seek an accurate diagnosis from a Psychologist.

The appropriate treatment for depression will depend upon the severity and duration of the presenting symptoms. Depression can be treated with the use of medication in conjunction with Psychological Counselling. Medication can be prescribed by General Practitioners and Psychiatrists.

Anti Depressant medications are designed to restore the chemical balance in the brain to alleviate biological symptoms. While often effective it is important to couple this treatment with Psychological Counselling.

Psychological Counselling offers a supportive environment where skills and strategies can be formulated to change unhealthy thinking patterns and behaviours that contribute to depression. The most researched and widely used form of therapy is Cognitive Behaviour Therapy.

Start to manage your depression by seeking the support of a skilled psychologist.
Contact Solution Focus Psychology on **1300 734 042** for an appointment.
Visit our website at www.solutionfocus.com.au