

# ABOUT DEPRESSION

## What can help you heal?

This resource covers available treatments for depression, what to expect when taking antidepressants and the importance of taking medicines as prescribed. Talk through the information on all these pages with your Aboriginal and Torres Strait Islander clients and give them the Fact Sheet to take with them, so they can remind themselves or talk it over with family.

### Lots of people get depressed

It can happen to anyone, at any age. 1 in 9 people will experience this illness at some stage in their lives.

### Help can come from many places

Family, community and culture are very important for healing. Some people need extra help such as talking with a counsellor or taking medicines.

If one treatment is not working, other options might still be helpful. Managing depression is about each person with depression finding the combination of treatments that works best for them.

### Working together is important

Making a treatment plan with your client is a good start to heal depression. A plan will often include some non-medicine options as well as medicines, because they all fit together. Healing takes time, but small steps can lead to big changes.

