

Pamphlets Available in
This Series

Understanding ...

Anger
Bereavement
Conflict
Decision-Making
Disaster
Loneliness and Friendship
Stress
Self-Esteem

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Community Health Information Centre
Community & Public Health
(A Division of the Canterbury District Health Board)

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Some Feelings You May Be Experiencing

Gloom

- "I can't get interested in anything"
- feeling low, "blue" and sad
- every day is an "off" day

Guilt and Worthlessness

- ashamed
- empty
- "I let the side down"

Appetite Disturbance

- off your food
- over-eating
- changed interest in sex

These feelings may be to do with

Fatigue

Poor Concentration

Sleep Problems

Restlessness

Some of the Causes of Depression

Personal Loss

arising from a death, ie grief and unfinished mourning

A Change in Life

- through loss of a job
- through shifting house
- through loss of close relationships
- through family changes (a child going to school, retirement, etc)
- through loss of respect or status

There are different kinds of losses and changes in life, eg: illness
childbirth
accident

Recognising that you are depressed is a big step towards recovery

There may be no apparent reason for your depression

There Are Ways in Which We Can Help Ourselves

Seek Companionship

- talk with a friend or family member
- talk it over with someone use the phone

Seek Small Goals

- each day set yourself a goal you can achieve
- take one step at a time
- get up and get started
- take regular exercise
- eat regularly
- be good to yourself

Consider a Change

Take up interests outside the house:

- social activities
- recreation and sport
- voluntary work
- renew friendships and old interests

Ring For Help

If your depression is severe or persists, seek professional help from:

- your doctor
- a counsellor

For further assistance phone the Citizens Advice Bureau on (03) 3666490. Also see the Personal Help Services section in the front of the phone book.