



## University Counselling

# Depression

**“I don’t care  
any more”**

**“I can’t be bothered”**

**“What is the point?”**

**“I’m hopeless”**

**“It’s all my fault”**

**“People would be  
better off  
without me”**

**“I don’t want to be  
with anyone”**

**“I hate feeling  
this way”**

## Depression can occur in episodes or be ongoing

Depression is much more than feeling sad or down. Depression can stop you from participating in activities within your life. You may feel isolated, unmotivated, guilty, numb or worthless, and stop enjoying activities you once enjoyed. You may lose your appetite, lack concentration and feel tired often.

You can beat depression – there is lots of help available. You can learn some strategies to get you participating in life again. Some people require medication so you could visit your GP or you can visit University Counselling in the first instance to discuss your situation.

## Tips

- Talk to your friends and family – ask them to encourage you to participate in activities.
- Spend time with others – depression can isolate so try to engage in community groups or student groups.
- Schedule in some activities everyday – e.g. walking, attending lectures, reading, listening to music, visiting friends. Notice how your energy and mood improves after participating in any activity.
- Try not to 'beat yourself up' for feeling this way.
- Challenge your negative thoughts – they may be logical (one thought leads to another...) but you don't have to believe them or obey them.
- Look at your lifestyle - avoid alcohol and drugs, increase exercise, practice healthy eating.
- Learn some healthy sleep strategies.
- Any positive change is a good one – it doesn't matter how small.

## Help is available

- Contact your GP, the Health Service on campus or University Counselling.
- Talk to a family member or friend and ask them to take you to a professional.

## Links

**headspace**  
**Beyondblue**  
**Youthbeyondblue**  
**Black Dog Institute**  
**MoodGYM**  
**MindSpot**

## Apps

Search on the App Store or Google Play

### **T2 Mood Tracker**

*Allows you to rate and track your moods across a number of emotions*