



Key points about depression

- 1 Depression, as an illness, is one of the most common serious disorders affecting about one in every 15 adults in Australia every year.
- 2 Depression is a serious condition that causes many people to be disabled and others to commit suicide.
- 3 If you think that a member of your family, or you yourself, may be depressed, you can ask your general practitioner for an assessment, which may include referral to a psychiatrist, or psychologist.
- 4 When depression is moderate or severe, a person cannot will herself or himself better.
- 5 Effective treatment includes antidepressant medications, cognitive behavioural therapy and interpersonal therapy. People can also help themselves with life style changes including stress reduction.
- 6 Support for the families of people with depression can assist the depressed person as well.