

Depression

Is treatable - Can affect anyone - Is NOT a sign of weakness

Men are less likely to seek help, with only

 **14**
in **4**

men who experience anxiety or depression accessing treatment.

CURRENTLY,
3Mill

Australians are experiencing anxiety or depression.

ONLY
35%

of Australians with anxiety and depression access treatment.

SYMPTOMS:

Depression has a variety of symptoms and will affect everyone in different ways including:

- feeling extremely sad or tearful
- feeling emotionally flat or numb
- disturbances to normal sleep patterns
- loss of interest and motivation
- feeling worthless or guilty
- loss of pleasure in activities
- anxiety
- changes in appetite or weight
- loss of sexual interest
- physical aches and pains
- impaired thinking or concentration.



WHAT YOU CAN DO IF YOU THINK YOU ARE DEPRESSED:

Talk to someone you trust about your feelings. Most people feel better after talking to someone who cares about them.

Seek professional help. Your local health-care worker or doctor is a good place to start.

Keep up with activities that you used to enjoy. Stay connected. Keep in contact with people.

Exercise regularly, even if it's just a short walk.

Stick to regular eating and sleeping habits. Accept that you might have depression and adjust your expectations.

Avoid alcohol and drug intake; they can worsen depression.

IF YOU FEEL SUICIDAL, CONTACT SOMEONE FOR HELP IMMEDIATELY



Asking are you O.K Mate?



For a workmate or employer concerned about a worker's mental health, here a few tips to initiate a positive mental health conversation:

- Before you commence a conversation around mental health think about what you will discuss and ways that you can respond to your workmate. Remember, while you can't fix things, you can help. Consider the following prior to starting the conversation:
 - Read quality, information about mental health conditions
 - Find out what support is available through the workplace.
 - Be sure to confirm that you respect their privacy
 - Think about what they may need now and how you can support them
 - How you will bring up the topic (I've noticed... I'm concerned... etc)
 - Be prepared that they may not be ready to have a conversation and you may need to try again at a later date
- » Choose an appropriate time to talk
- Be thoughtful and genuine.
- Actively listen by recalling the main points of the conversation and ask your workmate questions.
- Try to maintain a relaxed body position and appropriate eye contact
- Encourage your workmate to seek help (If there is no availability of support within the workplace, a mental health plan is available through a GP at any time.)
- Encourage your workmate to remain socially and physically active and to keep a healthy diet (you can play a role in this part)
- Talk about other topics to let the conversation flow naturally
- Remember to check back in. It may take a number of conversations for some workers to open up about their mental health condition.
- It is important to always respect your workmates privacy.



Regardless of which seat you're in, with mental health it is important to have open conversations to reduce any negative stigma and to promote positive mental health for our work mates.

For more information visit:

Beyondblue

HeadsUp

Mates in Construction: 1300 642 111

Lifeline: 13 11 14