

DEPRESSION & YOUNG PEOPLE



Most young people feel sad and down when they go through difficult times in life, such as a relationship break up, changing schools or trouble with friends or family. For some people, these feelings of sadness are felt intensely and last for long periods of time, sometimes these feeling are experienced without any significant reason.

WHAT IS DEPRESSION?

Depression is more than just feeling sad or upset. Sadness is a feeling that lasts for a short period of time. When you have depression, these sad feelings become overwhelming, affecting how you think, feel and act.

Depression is very common, around 1 in 4 young people in Australia will experience depression during adolescence.

SYMPTOMS OF DEPRESSION

People experience depression in different ways. You may be depressed if you have felt these signs and symptoms for more than two weeks, without improvement:

- Feeling irritable, sad and unhappy
- Having negative thoughts – “I’m worthless”, “I’m a failure”, “People would be better off without me”
- Struggling to concentrate
- Feeling tired most of the time
- Trouble sleeping
- Having thoughts of self-harm or suicide
- Withdrawing from friends and family
- Not going out anymore



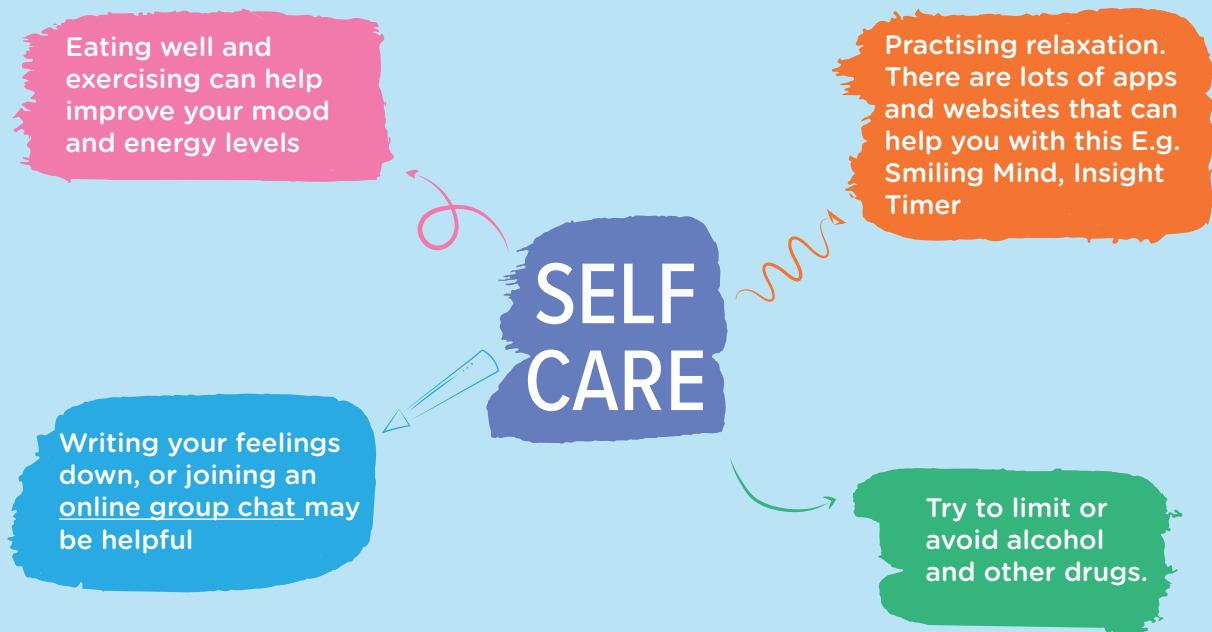
CAUSES OF DEPRESSION

As is the same for anxiety, there is no single cause of depression. For most young people it could be a combination of a stressful life event such as being bullied, experiencing a breakup, losing a loved one or conflict with your friends or family. Sometimes depression is caused by genetic factors like having a family history of mental illness. It has also been linked to other things like increased alcohol and other drug use, decreased sleep and poor diet.

The important thing to note is that depression is treatable, it will get better with the right support and treatment.

TAKING CARE OF YOURSELF

There are a few things you can do to take care of yourself. Practising self-care is important in managing your mental health.



GETTING HELP

If you are feeling down and you think you may be depressed it is important to talk to someone. You do not have to go through this alone, and there are things that you can do to cope and feel better. Sometimes when you are feeling depressed, it can be difficult to be motivated to seek help, that is why it is important to have someone to support you. Talk to a trusted person, such as a friend, school counsellor, a parent, teacher or your GP.

HOW CAN WE HELP?

At CFWA we understand the relentless demands that living with CF has on your life. We have a dedicated youth social worker who is available to meet up for a juice and provide emotional support, guidance and advice. We also offer financial support for gym memberships and gap funding for mental health. We also run an Instagram account where young people with CF in Western Australia share their stories @cfwayouth

Please contact us on **08 6457 7333** or email Haylee our Youth Social Worker **socialworker@cfwa.org.au** if you would like further support.

MENTAL HEALTH LINKS

Headspace - www.headspace.org.au

Orygen Youth Health - www.orygen.org.au

Reachout.com - au.reachout.com/mental-health-issues/depression