

# Depression - Pōuritanga

- We all experience the blues from time to time and it is not uncommon to feel sad, or even miserable. These are normal human emotions, but for some of us the feeling does not go away and we might need assistance
- It is not something that you can just 'snap out of', or you have because you are 'weak'

## You might notice:

Irritability and grumpiness

Feeling down, hopeless or sad

Loss of enjoyment or interest in the things you normally do

Loss of energy and feeling tired

Sleep problems

Changes in appetite and weight

Problems concentrating

Reduced sex drive

Low self-esteem

Finding it difficult to function like you normally would



## Ways to manage it

- Talk about it with a supportive person
- Spend time with people/whānau you like and trust
- Get a GP check-up to see if there are physical symptoms or medications causing your depression
- Sleep makes a big difference → [Sleep and Insomnia Card](#)
- Get regular physical activity → [Physical Activity Card](#)
- Do things you enjoy and pursue hobbies
- Eat a balanced diet with lots of fruit and vegetables and keep hydrated
- Reduce alcohol and other drug use
- Meditate regularly and practise mindfulness → [Meditation and Mindfulness Card](#)
- Join a support group
- Make your wellbeing a priority → [Wellbeing Card](#)
- Learn your early signs



## Treatment options

- Learn more about it/self-help strategies → [Self-help Card](#)
- Talking therapies → [Talking Therapies Card](#)
- Talk to someone who can help: your GP, mental health professional or the **Depression Helpline** 0800 111 757
- Medications can help by making your mood more stable and give you relief from your symptoms → [Common Medications Card](#)
- Sometimes diet changes can help → [Food and Mood Card](#)
- Complementary and alternative therapies → [Complementary and Alternative Therapies Card](#)
- Marae-based and culturally-based community support services