



types of help available

Depression is an illness that can go on for months if left untreated. There are many health professionals and services available to help with information, treatment and support.

OZHELP

OzHelp is the industries first step for getting help and support.

PSYCHOLOGISTS

Psychologists are health professionals who provide psychological therapies and treatments. Common effective types of psychotherapy are Cognitive Behaviour Therapy (CBT) and Interpersonal Therapy (IPT). These are generally known as talking therapies. Psychologists and clinical psychologists are not doctors and cannot prescribe medication in Australia.

DOCTOR

Visiting your general practitioner (GP) is a good first step in getting help for a mental or physical health problem. Some GPs may manage your mental health themselves, while others may refer you to a specialist such as a psychologist or a psychiatrist.

PSYCHIATRISTS

Psychiatrists are doctors who specialise in mental health. They can make medical and psychological assessments, conduct medical tests and prescribe medication. Psychiatrists often use psychological treatments like Cognitive Behaviour Therapy, Interpersonal Therapy and/or medication.

You and your health professional

- If you're looking for a doctor, ask for a recommendation from friends or colleagues.
- On the beyondblue website, you can access a list of GPs who have been specially trained to treat mental health problems. Just click on the Consenting Practitioners List/ Find a GP box at www.beyondblue.org.au
- Before you visit the doctor, write a list of your symptoms to take with you for discussion. There is a depression checklist on the beyondblue Fact sheet: Understanding depression which may be helpful.

- It's important to give your doctor the full picture. Think about taking a close friend or family member with you for support.
- Don't be afraid to consult another doctor if you don't have confidence in, or don't feel comfortable with, the one you've chosen.

PUBLIC HOSPITALS

Some public hospitals have their own mental health units. This means people with mental health problems can be treated by a team of professionals employed by the hospital, either in hospital as an inpatient or out of hospital as an outpatient. If a person is experiencing severe depression and is at risk of harming themselves or others, it may be necessary for them to spend time in hospital.

SPECIALIST COMMUNITY SERVICES

There are many services available in the community. You can access them by phoning your local council or you can find them in the White Pages www.whitepages.com.au or phone Telstra directory assistance on 1223 (free call) or Lifeline's Just Ask information line on 1300 13 11 14.

CRISIS ASSESSMENT OR ACUTE TREATMENT TEAMS

Crisis Assessment or Acute Treatment teams provide emergency psychiatric care in the community to people experiencing a mental health crisis. The person can be assessed and treated in the community and therefore avoid an admission to hospital. However, when the person is potentially a danger either to themselves or others, they will be admitted to hospital. You can access your nearest Crisis Assessment or Acute Treatment team by phoning your local hospital or community health centre.

TELEPHONE-BASED SERVICES

There are a number of telephone help lines that should be able to offer you information and assistance. These are:

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The OzHelp Foundation

1300 OZHELP (1300 694 357)
www.ozhelp.org.au



Even if you sleep for only four or five hours, you can still get about the same amount of 'deep sleep'

BeyondBlue

For information about depression, anxiety and related drug and alcohol problems visit www.beyondblue.org.au or call the *beyondblue: the national depression initiative* info line on 1300 22 4636

Carers Counselling Line (WA)

www.carerswa.asn.au T: 1800 007 332 / 08 9444 5922

Kids Help Line

www.kidshelp.com.au
T: 1800 55 1800 (up to 18 years of age) (free call, 24 hours)

Lifeline

www.lifeline.org.au T: 13 11 14

Maternal and Child Health Care

13 22 29 (Monday - Friday, 9am to 5 pm)

Mensline Australia

1300 78 99 78

SANE

www.sane.org
T: 1800 187 263 (Monday - Friday, 9am to 5pm EST)

WEB-BASED SERVICES**GENERAL MENTAL HEALTH****Mental Health Council of Australia**

www.mhca.com.au T: 02 6285 3100

STRATEGIES FOR SELF-HELP**Lifeline**

www.lifeline.org.au/content/beatingtheblues.pdf

MoodGYM

www.moodgym.anu.au

YOUNG PEOPLE, DEPRESSION AND ANXIETY**Centre for Adolescent Health**

www.rch.org.au/cah T: 03 9345 5890

Kids Help Line

www.kidshelp.com.au
T: 1800 55 1800 (up to 18 years of age) (free call, 24 hours)

Headroom

www.headroom.net.au

It's Allright

(SANE's website for young people with a parent or friend effected by mental illness)
www.itsallright.org T: 03 9682 5933

National guide to training programs in psychotherapy and counselling

www.psychotherapy.com.au/trainingguide_topics.asp
T: 03 9855 2220

Reach Out!

www.reachout.com.au

Ybblue (beyondblue's youth website)

www.ybblue.com.au