World Mental Health Expo
UQ Wellness

DEPRESSION AND ANXIETY
Depression

What is it?

- Mood disorder
- Low mood and feelings of despair
- Experienced intensely over a period of 2 weeks
- No reason for experiencing sad and depressed mood
- 1 in 5 people experience depression
Depression

How does it look or feel like?

- Feelings of sadness or despair
- Sense of guilt or worthlessness
- Increased agitation
- Impaired concentration
Depression

How does it look or feel like?

- Thoughts of suicide
- Loss of interest in pleasant activities
- Fatigue and lack of energy
- Insomnia or hypersomnia
Anxiety

What is it?

- Feelings of fear or stress focused on future event
- Experienced intensely over a period of 1 to 6 months
- Accompanied by physical sensations
- No reason for experiencing anxiety and tension
- 1 in 20 people experience anxiety disorders
Anxiety

How does it look or feel like?

- Preoccupation or persistent avoidance of thoughts or situations that provoke fear or anxiety
- Impaired concentration
- Sense of uncontrollability
- Panic and excessive worry
Anxiety

How does it look or feel like?

- Rapid breathing and Heart palpitations
- Sweating and trembling
- Dizziness and nausea
- Racing thoughts
Depression and Anxiety

Who is at risk?

- Family history
- Significant life stressors
- Anxiety?
- Depression?
How is it treated?

- Medical treatments
- Psychological treatments
- Alternative treatments
Getting help...

- UQ Employee Assistance Program
  - Human Resource department of your faculty
- General Practitioner
  - Referral
- Lifeline
  - 13 11 14
- Beyondblue
Mental Health Week - 7-13 October 2012

This year for Mental Health Week, beyondblue is asking the community “What do you really know about depression and anxiety?”

Mental Health Week - 7-13 October 2012

WHAT DO YOU REALLY KNOW ABOUT DEPRESSION AND ANXIETY?

I don’t know anyone with mental health problems

You’re just a bit down

Finding the cause will fix your problem

You don’t have to live with it

It’s not my problem, I can’t get involved

You worry too much - just relax

2012-09-21 Queensland University Of Technology
Uni students have new website for 24/7 help
You don’t have to have a problem to access thedesk, a
recently released website designed to help uni students

Attention all Mums who’ve had depression & anxiety
Did you experience depression and/or anxiety during pregnancy or in the year following the birth of your baby? If so, we are really keen to hear what the experience was like for you, so we can help other women and their families.

Watch ABC TV's Four Corners report on teen suicide
Teenage suicide and its effects on a
Melbourne suburban community was featured on ABC
TV's Four Corners program. The show (Thursday 28th of
What is Depression?

Depression is more than just a low mood - it's a serious illness. While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time and often without reason. People with depression find it hard to function every day and may be reluctant to participate in activities they once enjoyed.

Depression is one of the most common of all mental health problems. One in five people experience depression at some stage of their lives.

_beyondblue_ aims to provide clear and comprehensive information about depression. This website will take you step-by-step through the symptoms of depression; how to recognise it, how to get help, how to help someone and how to stay well. _beyondblue_ also provides recommendations on where to find additional information and links to other useful organisations.

To find out more about depression, click on the headings on the left-hand menu and/or download beyondblue information resources related to depression.
What is an Anxiety Disorder?

While everyone feels anxious from time to time, some people experience these feelings so often and/or so strongly that it can affect their everyday lives.

Often people confuse anxiety disorders with stress. Stress is a normal reaction to a situation where a person feels under pressure. For example, it’s common for people to feel stressed or uptight when meeting work deadlines, sitting exams or speaking in front of a group of people. However, for some people these feelings are ongoing, happen for no apparent reason or continue after the stressful event has passed.

This website will take you step-by-step through:

- types of anxiety disorders
- how to recognise signs and symptoms
- how to get help and treatment for yourself or someone you know
- how to stay well.

To find out more about anxiety disorders, click on the headings on the left hand menu and/or download beyondblue information resources related to anxiety disorders.

Download the TV Ad
DEPRESSION AND ANXIETY

QUESTIONS?