



Understanding Low Mood & Depression

What depression really is, and the first steps towards feeling better

Recover • Rebalance • Revive



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PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

Depression is common, real, and treatable.

Feeling low now and then is part of being human. But when low mood lingers for weeks and starts to dim everything — sleep, energy, interest, hope — that's depression, and it's a health condition, not a weakness or something to 'snap out of'. With the right help, most people get better.



1 in 7

Australians affected in their life



Treatable

most people improve with support



It's real

a health condition, not a flaw

How depression can show up



Low or flat mood

Persistent sadness, emptiness or tearfulness — or feeling numb and 'switched off'.

- Most days, for two weeks or more.



Losing interest

Things you used to enjoy stop feeling worthwhile, fun or rewarding.

- Sometimes the first sign before sadness.



Sleep & energy

Sleeping too little or too much, and feeling drained even after rest.

- Early-morning waking is common.



Appetite & focus

Eating more or less than usual, and finding it hard to concentrate or decide.

- Weight can drift up or down.



Harsh self-talk

Guilt, worthlessness, or feeling you're a burden to those around you.

- Depression distorts how you see yourself.



Physical symptoms

Aches, headaches or gut symptoms with no clear cause can be part of it too.

- The body feels low mood as well as the mind.

Low mood, or something more?

Everyone feels down sometimes — that usually lifts within days. Depression is deeper and lasts longer: low mood or lost interest **most of the day, most days, for two weeks or more**, affecting how you function. If that sounds like you, it's worth seeing your GP — this is exactly what we're here for.



Getting Help & Feeling Better

Small first steps, the treatments that work, and where to turn

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If you need to talk to someone now

You don't have to cope alone. These free, confidential services are open 24/7.

13 11 14
Lifeline


1300 22 4636
Beyond Blue

1300 659 467
Suicide Call Back

000
Emergency

Small steps that can help alongside treatment


1



Keep a rhythm

Regular sleep, meals and getting up help anchor the day


2



Move your body

Even a short daily walk genuinely lifts mood


3



Stay connected

Tell one person you trust; don't withdraw alone

4



Be kind to yourself

Small wins count; limit alcohol, which lowers mood

! Please see your GP soon if:

- Low mood has lasted more than two weeks
- It's affecting work, study, family or self-care
- You're sleeping or eating very differently
- You're using alcohol or drugs to cope
- You feel hopeless, trapped or worthless
- Any thoughts of harming yourself — please reach out today

✓ What your GP can offer

- ✓ A calm, confidential conversation — no judgement
- ✓ A Mental Health Care Plan for subsidised psychology
- ✓ Talking therapies such as CBT
- ✓ Antidepressant medicine if it's right for you
- ✓ A check for causes like thyroid, iron or B12
- ✓ Regular review — we adjust until you feel better

Reaching out is the hardest, bravest step

Depression lies and tells you nothing will help. It's wrong.

Book an appointment — or if today feels too much, call Lifeline on 13 11 14. — Dr Regu