

Do you have depression?

For more than **TWO WEEKS** have you:

Tick if
Yes

1. Felt sad, down or miserable most of the time?
2. Lost interest or pleasure in most of your usual activities?

If you answered 'YES' to either of these questions, complete the symptom checklist below. If you did not answer 'YES' to either of these questions, it is unlikely that you have a depressive illness.

3. Lost or gained a lot of weight? OR
Had a decrease or increase in appetite?
4. Sleep disturbance?
5. Felt slowed down, restless or excessively busy?
6. Felt tired or had no energy?
7. Felt worthless? OR
Felt excessively guilty? OR
Felt guilt about things you should
not have been feeling guilty about?
8. Had poor concentration? OR
Had difficulties thinking? OR
Were very indecisive?
9. Had recurrent thoughts of death?

Add up the number of ticks for your total score: _____

What does your score mean?

(assuming you answered 'YES' to question 1 and/or question 2.)

- 4 or less: Unlikely to have a depressive illness
5 or more: Likely to have a depressive illness

For further assessment, please contact your family doctor.

References: American Psychiatric Association. Diagnostic and statistical manual of mental disorders, 4th ed (DSM-IV). Washington, DC: APA, 1994; and, International classification of diseases and related health problems, 10th revision. Geneva, World Health Organisation, 1992-1994.

For more information about depression, visit the *beyondblue* website at: www.beyondblue.org.au or call 1300 22 4636



Where to go for help for depression in Western Australia

USEFUL CONTACTS:

If you need help for depression, your Doctor (General Practitioner) is a good first contact.

For Further Information and referral

beyondblue: the national depression initiative

Information & Referral Line 1300 22 4636

website: www.beyondblue.org.au

Seniors Telephone Information Line

6217 8855 (9am - 3pm Mon to Fri) or

Rural Freecall 1800 671 233

For Telephone Counselling

Carers Association of WA Counselling line

1800 007 332 (24 hour service)

Lifeline

131 114 (24 hour service)

The Samaritans

9381 5555 (24 hour service)

Rural Freecall 1800 198 313

Emergencies (24 hour service)

Psychiatric emergency team

Metro Freecall 1300 555 788

Rural Freecall 1800 552 002

Produced by



Department for
Community Development
Office for
Seniors Interests and Volunteering

in association with



beyondblue

the national depression initiative
www.beyondblue.org.au

Depression is not a normal part of Ageing