



Constructing a Healthier Industry

Information Partner



beyondblue: the national depression initiative

- beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance use disorders in Australia.
- beyondblue is a bipartisan initiative of the Australian, state and territory governments with a key goal of raising community awareness about depression and reducing stigma associated with the illness.
- beyondblue works in partnership with health services, schools, workplaces, universities, media and community organisations, as well as people living with depression, to bring together their expertise around depression.



Providing people living with depression and their carers with information on the illness and effective treatment options

BEYONDBLUES'S FIVE PRIORITIES

1. Increasing community awareness of depression, anxiety and related substance use disorders and addressing associated stigma.
2. Providing people living with depression and their carers with information on the illness and effective treatment options and promoting their needs and experiences with policy makers and healthcare service providers.
3. Developing depression prevention and early intervention programs.
4. Improving training and support for GPs and other healthcare professionals on depression.
5. Initiating and supporting depression-related research.

For more information on beyondblue visit www.beyondblue.org.au beyondblue: opening our eyes to depression throughout Australia

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



Australian Government
Department of Health and Ageing