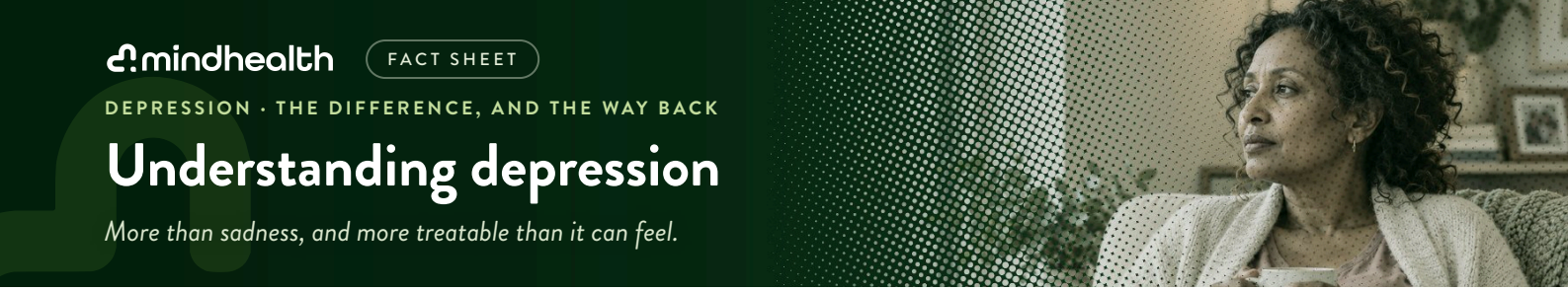
mindhealth FACT SHEET

DEPRESSION · THE DIFFERENCE, AND THE WAY BACK

Understanding depression

More than sadness, and more treatable than it can feel.



In your mood
Flat, heavy, or numb

In your body
Sleep, appetite, energy shift

In your life
Withdrawing, doing less

01 Sadness vs depression

Sadness is a normal response to loss, and it lifts with time. Depression is heavier and stickier: low mood or a loss of interest most of the day, nearly every day, for two weeks or more. The clearest marker isn't sadness itself, but the fading of pleasure in things you used to enjoy.

02 Why it deepens

Depression tells you nothing will help, so you do less, which removes the very things that lift mood, and the low deepens. Treatment reverses that loop gently, starting with small, planned, meaningful action rather than waiting for motivation to return.

03 What genuinely helps

- Behavioural activation: small, planned, rewarding activity
- CBT to loosen the grip of a harsh inner critic
- Support around sleep, movement and connection
- For some, medication alongside therapy, via your GP

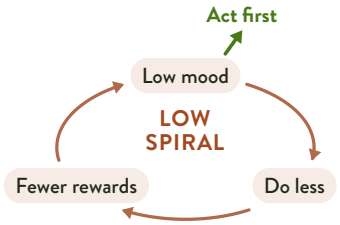
A PRACTICAL STORY

From doing nothing to one small, meaningful step



THE PATTERN

The low spiral



Low mood invites us to withdraw, which removes reward and deepens the low. One small action breaks the loop.

PRACTICAL TOOLKIT

One small step

1. Choose one small, meaningful action
2. Do it before you feel ready
3. Notice what shifts, however small

Action first; motivation follows.

WHEN TO SEEK HELP

If low mood has lasted more than two weeks, or you can't keep yourself safe, please reach out. Your GP can start a Mental Health Treatment Plan for rebated sessions.

DID YOU KNOW?

Cognitive therapy began with psychiatrist Aaron Beck's work on depression in the 1960s.

Beck, Depression: Clinical, Experimental and Theoretical Aspects, 1967

THE KEY TAKEAWAY

Depression lies about the future. Reaching out is a first, decisive act against it.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

1300 084 200

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