

# DEPRESSION

REAL TEEN ISSUES  
CITYREACH | CEDAR CARE CENTRE



**YOU MAY HAVE FELT 'DOWN' FOR A SHORT TIME BEFORE, BUT THIS IS DIFFERENT. IT'S NOT JUST SADNESS ABOUT A DISAPPOINTMENT**

**...IT'S A DEEP, OVERWHELMING SADNESS THAT DOESN'T LIFT.**

Depression dominates and behaves like a grey fog over everything. You may find it a struggle to meet your daily responsibilities because you feel so dreadfully fatigued and unmotivated. You may sleep lots but never feel refreshed. Even the things you once loved doing have lost their appeal and you sometimes feel so down that you want to curl up in a ball and opt out of life for the whole day ... or week .... or even longer.

**IF YOU ARE EXPERIENCING THIS LEVEL OF SADNESS, IT IS IMPORTANT THAT YOU REACH OUT TO PEOPLE WHO CAN HELP YOU.**

## *Getting Help:*

- It is important to connect with someone who is equipped to advise and support you through this challenge you are facing. One of these people could be a CityReach Cedar Counsellor.
- It may also be a good idea to have a medical check-up.

## FURTHER SUPPORT:

In addition to connecting with a counsellor, you may find it helpful to go through the REAL TEEN ISSUES booklet on Depression. In it you will find some helpful insights and suggestions of things to do to help you through this difficult time.



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