TOPIC

ABOUT ANXIETY & DEPRESSION



Acknowledgment this toolbox talk is from the beyondblue's 'Mental health in the workplace' toolbox talk training package

LEARNING OBJECTIVES

- Be aware of the prevalence of anxiety and depression.
- Understand the signs and symptoms that indicate someone is at risk of/may be experiencing anxiety and/ or depression.
- Be aware of the personal risk and protective factors associated with anxiety and depression.

THE PREVALENCE OF ANXIETY AND DEPRESSION

- Anxiety and depression are serious health conditions.
- Around 3 million people in Australia are living with anxiety and depression at any given time.
- 1 in 6 women and 1 in 8 men are likely to experience depression in their lifetime, and 1 in 3 women and 1 in 5 men are likely to experience anxiety in their lifetime.
- Anxiety and depression affect people at all stages of life, but the prevalence is highest during prime working years.
- Less than 50 per cent of people who experience a mental health condition take action by getting the treatment and support they need.
- Untreated depression is a major risk factor for suicide. Suicide rates are double the national road toll and are particularly high for men.
- These conditions not only affect the person who is experiencing them, but there is a flow-on effect to the person's partner, family members and carer/s.

QUESTIONS / ANSWERS TO GENERATE DISCUSSION

What do you think the common sign of depression and anxiety are? What do you think puts you at risk of anxiety and depression? DATE:

/ /

SUPERVISOR/ MANAGER:

EMPLOYEE NAMES:

NOTE You may like to order resources from www.headsup.org.au/training-and-resources/ find-resources to go with this toolbox.

The information should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.

COMMON SIGNS OF ANXIETY

An anxiety condition is more than being stressed and is different to everyday experiences of feeling worried or anxious.

Some of the signs and symptoms of anxiety include:

- Difficulty sleeping, feeling restless and on edge
- Feeling overwhelmed, panicked and/or irritable
- Constant worrying, reoccurring/ Obsessive thoughts
- Avoiding particular situations or people
- Increased alcohol or other drug use.

Recognising these signs and symptoms early is important as the sooner a person takes action, the better the outcome.

COMMON SIGNS OF DEPRESSION

A person may be depressed if, for two weeks or more, they have felt sad, down or miserable most of the time or have lost interest or pleasure in most of their usual activities.

Some of the signs and symptoms of depression include:

- Loss of interest in work, hobbies and doing things they normally enjoy
- Lack of energy, difficulty sleeping or sleeping more than usual
- Irritability, feeling overwhelmed, difficulty concentrating
- Increased use of alcohol and other drugs
- Thinking or feeling hopeless or worthless better the outcome

PERSONAL RISK AND PROTECTIVE FACTORS FOR ANXIETY AND DEPRESSION

While there is no single cause of anxiety and depression, there are a number of known risk factors. Generally, anxiety and depression are not a result of a single event, but from a combination of factors.

- Death of a loved one
- Relationship and family problems sick kids, divorce
- Personal or family history of anxiety and/or depression
- Financial problems
- Job stress
- Physical injury or illness
- Caring for someone who is unwell
- Loneliness or isolation.

If certain protective factors are in place, these will reduce the risk of a person experiencing anxiety and/or depression. Some protective factors include:

- Support from family and friends
- Exercising regularly

- Good sleep patterns
- Hobbies.

• Eating well

SUPPORTING RESOURCES

- beyondblue's Man Therapy website (www.mantherapy.org.au)
- beyondblue Support Service Anxiety and depression: An information booklet
- Lifeline 131114
- Free life coaching called New access 1800 010 630