Living with depression

Understanding depression, support and recovery

avive

Depression can affect how we think, feel and function in everyday life. It is more than feeling sad or having a difficult day.

It can influence mood, energy, relationships, physical health and a person's ability to participate in everyday activities.

While experiences vary, effective treatments and support are available, and recovery is possible.

About Avive Health

Avive provides connected mental health care pathways across inpatient admissions, day programs, psychiatric review, TMS and authorised assisted therapies delivered by approved clinical partners within our licensed private hospital environments.

Through our hospitals, outpatient services and Cloud Clinic by Avive telehealth platform, we support people experiencing a broad range of mental health concerns with integrated, evidence-based care tailored to individual needs.

Understanding depression

Depression is a common mental health condition that can affect mood, energy, motivation, concentration, sleep and daily functioning. It may develop gradually or follow a significant life event. Some people experience a single episode, while others experience recurring periods of depression throughout their lives.

With the right support, many people experience meaningful improvement in their symptoms and quality of life.

Common signs and symptoms

Depression can affect people differently. Common signs may include:

- persistent sadness or low mood
- loss of interest in previously enjoyed activities
- fatigue or low energy
- changes in sleep patterns
- changes in appetite or weight
- difficulty concentrating or making decisions
- feelings of guilt, worthlessness or hopelessness
- irritability or frustration
- social withdrawal or isolation
- thoughts of self-harm or suicide

What can contribute to depression?

Depression is often influenced by a combination of biological, psychological and social factors. These may include:

- family history of depression or mental illness
- grief, loss or significant life changes
- trauma or adverse life experiences
- ongoing stress at work, home or in relationships
- physical health conditions or chronic pain
- alcohol or other drug use
- social isolation or limited support

When to seek support

It may help to seek professional support if:

- symptoms have persisted for two weeks or longer
- mood changes are affecting daily life, work or relationships
- coping with everyday responsibilities feels difficult
- alcohol or other substances are being used to cope
- thoughts of self-harm or suicide are present

Seeking support early can improve treatment options and outcomes.

Treatment and support options

Support for depression may include:

- psychiatric assessment and review
- psychological therapy such as CBT, ACT and DBT-informed approaches
- medication where clinically appropriate
- lifestyle interventions focusing on sleep, movement and nutrition
- group programs and peer support
- trauma-informed care where relevant
- inpatient mental health treatment when additional support is needed

How can Avive help?

Avive provides integrated mental health care designed to support people experiencing depression and related mental health concerns. Depending on individual needs, support may include:

- inpatient admissions within a licensed private mental health hospital
- psychiatric review and medical oversight
- structured therapeutic programs
- evidence-based psychological therapies
- day programs and step-down support
- telehealth appointments through Cloud Clinic by Avive
- family and carer involvement where appropriate

Our team works closely with patients, families and referrers to help identify the most appropriate level of support.

Supporting someone living with depression

Recovery is often strengthened through connection, understanding and support.

If someone you care about is experiencing depression, it may help to:

- listen without judgement
- encourage professional support
- stay connected and check in regularly
- assist with practical tasks during difficult periods
- learn more about depression and recovery
- look after your own wellbeing

Contact Avive

Inpatient admissions and day program enquiries

1800 284 830

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avivehealth.com.au avivehealth

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This fact sheet provides general information only and is not a substitute for medical advice, diagnosis or treatment. Individual experiences and treatment pathways vary. Please speak with a qualified health professional about what support may be appropriate for you.