

TREATMENTS FOR DEPRESSION:

- A thorough assessment by a professional needs to be carried out before starting any treatment.
- Treatments for depression include physical therapies (e.g. medications) and psychological therapies (e.g. Cognitive Behavioural Therapy).
 - Depression can resolve of its own accord but, if left untreated, may last for months or years.
- Self-help and alternative therapies can also be helpful, either alone or in conjunction with physical and psychological treatments.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit www.staychatty.com.au/get-help for a list of services.

Source - The Black Dog Institute (10)