



## STATISTICS & KEY MESSAGES

### What is depression?

- Depression is a mental health condition that causes a person to have a low mood which lasts two weeks or more and makes it difficult to cope from day to day.
- Depression is more than just having a low mood – it's a serious illness that requires treatment.
- People with depression find it hard to function every day.
- Depression can have serious effects on physical and mental health.

### Common signs and symptoms of depression include:

- Moodiness that is out of character
- Increased irritation and frustration
- Finding it hard to take minor personal criticisms
- Spending less time with family and friends
- Loss of interest in food, sex, exercise or other pleasurable activities
- Being awake throughout the night
- Increased alcohol and drug use
- Staying home from work and school
- Increased physical health problems such as fatigue or pain
- Being reckless or taking unnecessary risks (e.g. driving fast or dangerously, gambling)
- Slowing down of thoughts and actions

### What is an anxiety disorder?

- An anxiety disorder involves more than just feeling stressed - people with an anxiety disorder find it hard to function every day.
- The term Anxiety Disorder is used to refer to several mental health conditions where there is an underlying and ongoing experience of anxiety or feelings of nervousness
- There are many types of anxiety disorders with a range of signs and symptoms. Common anxiety disorders are Social Phobia, Generalised Anxiety Disorder (GAD), Specific Phobia, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD) and Stress Disorder.
- For more information about specific anxiety disorders go to [www.beyondblue.org.au](http://www.beyondblue.org.au) and click on Anxiety or call the *beyondblue* info line - 1300 22 4636.



### **Common signs and symptoms of anxiety disorders include:**

- Feeling very worried and anxious most of the time
- Having difficulty calming down
- Feeling overwhelmed or frightened by sudden feelings of intense panic/anxiety
- Reoccurring thoughts which cause anxiety
- Avoiding situations/things that cause a feeling of anxiety - such as social events or crowded places
- Having ongoing difficulties, such as nightmares and flashbacks, after a traumatic event.

### **Statistics**

- Around one million Australian adults live with depression. Over two million have an anxiety disorder\*
- Around 160,000 young people (16-24 years) live with depression\*
- On average, one in five women and one in eight men will experience depression in their lifetime\*
- Depression and anxiety can be as serious, debilitating and life-threatening as a physical illness – yet less than half of those experiencing depression seek help\*
- Postnatal depression affects around 16 per cent of women giving birth in Australia – or one in seven women.
- Anxiety disorders are the most common mental disorders in Australia. Nearly one in seven people will experience some type of anxiety disorder in any one year – around one in six women and one in ten men.
- One in four people will experience an anxiety disorder at some stage of their lives.

\* Australian Bureau of Statistics (2008). 2007 *National Survey of Mental Health and Wellbeing: Summary of Results (4326.0)*. Canberra: ABS

### **Remember**

- People should not be afraid to talk about depression and/or anxiety. They are mental health conditions which can be treated and with the right treatment, most people recover.
- A range of effective treatments is available including both medication and talking therapies.
- If you think you may be depressed or have an anxiety disorder -or you know someone who is showing signs of depression or anxiety - talk about it and seek help from a GP or other health professional.

To find out more about the signs and symptoms of depression and anxiety, available treatments and where to get help, visit the *beyondblue* website at [www.beyondblue.org.au](http://www.beyondblue.org.au) or call the info line on **1300 22 4636**.