



When sadness won't go away

A SANE checklist pamphlet

SANE Factsheet



The USP Counselling Centre thanks SANE Australia for providing this fact sheet.

Everyone feels sad or worried sometimes . . .

But if these feelings go on for more than a few weeks, or they start to interfere with your life, talk to a doctor about it! Because it doesn't have to be like that . . .

If you feel sad or worried for more than a few weeks, this might be because you have depression or an anxiety disorder. A doctor can help treat this, so you feel better again.

Checklist

Tell the doctor if anything on this checklist describes how you feel or act –

- ④ Feel unusually sad or worried for more than two weeks
- ④ Lose interest in things you usually enjoy
- ④ Feel guilty for no real reason
- ④ Think you are worthless
- ④ Are so worried sometimes, you feel shaky or have difficulty breathing
- ④ Feel it wouldn't matter if you died
- ④ Abuse drugs or alcohol
- ④ Say or write things that don't make sense
- ④ Abuse drugs or alcohol.

How to get help

- ④ Make an appointment to see a doctor.
- ④ Ask for a longer appointment, so you have lots of time to explain what worries you.
- ④ Be really honest about how you feel.
- ④ Write some notes to take along, to help explain how you feel.
- ④ If you are worried about someone else, encourage them to see a doctor. Offer to go with them, as a support.

How to get information

- ④ For information and advice, call the SANE Helpline on 1800 18 SANE (7263) 9-5 weekdays EST (request free InfoPack 24 hours) or email helpline@sane.org.
- ④ Visit the SANE website at www.sane.org for Factsheets and other useful stuff.

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