

# fact sheet 10

## Counsellors

A counsellor is someone who's had special training so that they can help people talk about what they're feeling.

A counsellor can help you talk about the things that are making you feel upset or depressed.

## Where can you go for help if you feel depressed?

### Kids Help Line 1800 551 800 (24 hours)

If you're under 18 years old then you can use the Kids Help Line and it's free to call them. You can call them any day of the week at any time. When you ring up there will be a counsellor you can talk to about anything you want.

### Lifeline/Youthline 131 114 (24 hours)

Anyone can call Lifeline for help – you don't need to be under 18. You can call Lifeline from most parts of Australia and it costs the same as a local call.

### Beyond Blue 1300 224 636

Beyond Blue can help you, or someone you know, who is feeling depressed (feeling down), anxious, moody, feeling down after having a baby (post-natal depression).

**If you ring up Lifeline or the Kids Help Line and all the counsellors are busy, you can wait until someone can talk to you. It's a good idea to wait and it won't take that long to talk to someone.**

## If you need legal advice call:

**Wirringa Baiya Aboriginal Women's Legal Centre**

**1800 686 587**

**Aboriginal Legal Service**

**(02) 9318 2122**

**NSW Law Access**

**1300 888 529**

# DEPRESSION AND SELF-HARM



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Wirringa Baiya Aboriginal Women's Legal Centre is funded by the NSW Department of Justice and Attorney-General.

Factsheets reprinted with funding from the NSW Department of Justice and Attorney-General.

Cover art: Jade Quayle

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# DEPRESSION AND SELF-HARM

## How do you know if someone is depressed?

When someone feels sad or 'down' for more than a few weeks, they might be depressed.

If someone is depressed they might:

- ☞ feel hopeless or helpless
- ☞ stop liking the things they used to like doing
- ☞ feel like they have no energy
- ☞ not be able to sleep, or they might sleep all the time
- ☞ change how they eat – they might stop eating dinner or they might want to eat heaps of breakfast or lunch
- ☞ have sad or frightening thoughts – they might feel like hurting someone else or hurting themselves.

## What do you do if you, or someone you know, is depressed?

- ☞ Find someone who'll listen to the problem. The person who is depressed needs a chance to talk to someone who cares about them.

- ☞ Finding a counsellor or a doctor is a good idea. If you're depressed, get someone to go with you when you go to see the counsellor or doctor. Or if someone tells you they are depressed, go to the counsellor with them so they don't have to go alone.
- ☞ Take care of yourself or the person who's depressed. If you feel stressed because one of your friends is depressed, then you should talk to someone about the problem.
- ☞ If you go to talk to a counsellor about someone who's depressed, you don't have to say who they are – just talk about how you feel.

Remember that you'll be able to give someone who is depressed the most help if you're feeling OK yourself.

## What if you feel depressed or want to kill yourself?

- ☞ Don't try to keep it a secret – it can be dangerous.
- ☞ Stay close to people who are your friends – talk to a family member or someone else you can trust.
- ☞ Try to get some help – like going to a counsellor or talking to your doctor.
- ☞ If it's bad and you or someone you know has taken some pills or done something dangerous, then call **000** or get someone to call for you.

## Self-harm

### What is self-harm?

Self-harm or self-mutilation is when you hurt yourself on purpose. This can mean things like cutting, burning, biting and hitting your body. Hurting yourself doesn't always mean that you're trying to commit suicide.

There are different reasons for doing this:

- ☞ trying to change your mood
- ☞ if you're frustrated or angry and you want those feelings to stop
- ☞ if you don't know what else to do
- ☞ if you feel hurt or lonely.
- ☞ gambling
- ☞ taking drugs or drinking heavily.
- ☞ if you have been abused.

### How to cope

Things to do instead of hurting yourself:

- ☞ do some exercise – go for a walk or a run
- ☞ play video games or watch TV or a video
- ☞ try relaxing – taking deep breaths
- ☞ yell or sing at the top of your voice or play some music
- ☞ punch a pillow or a punching bag
- ☞ talk to someone about it.

**Turn over...**