

Depression

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

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Depression is no mere slump in mood. Unlike ‘the blues’, which tends to clear up in a few days, depression is both prolonged and recurring. It cannot be ignored or joked away. Depression is a common problem and can affect anyone.

Sufferers are likely to experience:

- Loss of interest in home, work and personal appearance
- Loss of interest in sexual activity
- Sudden changes in eating or sleeping habits
- Frequent bouts of crying
- Feelings of hopelessness
- Self-blame or guilt
- Loss of self-esteem
- A lack of pleasure in everyday things
- Fatigue and lack of energy
- Inability to concentrate and poor memory

Everyone experiences some of these symptoms at some time, but when symptoms are SEVERE and LASTING then it is time to seek QUALIFIED HELP. Depression can be successfully treated.

Why do we get depressed?

- Biochemical factors
- Genetic Patterns
- Personality Type
- Environmental Stresses

Treatment

- Medical
- Counselling – Psychologists work one-on-one helping people talk out deep-seated problems. The goal is to overcome depression by providing support and help, examining any underlying causes, working out possible solutions to problems etc.