

Is Depression a SERIOUS ILLNESS?

YES!!

Depression requires time, care and understanding to be overcome. It's an individual illness and requires individual responses.

Depression is

TREATABLE!

It's an illness, not a weakness!

WHAT IS DEPRESSION?

Depression is a mental illness that affects both men and women, but quite often what they experience and how they respond is different.

The word depression is used in many different ways. Everyday 'blues' or sadness is not depression.

The depression that DSN is concerned about is 'clinical depression' (sometimes called major depression) which lasts at least two weeks and it affects a person's ability to carry out their work or to have satisfying personal relationships.

SYMPTOMS OF DEPRESSION CAN INCLUDE:-

- ❖ Intense anxiety or sadness
- ❖ Inability to concentrate
- ❖ Feelings of helplessness
- ❖ Or worthlessness
- ❖ Despair
- ❖ Disturbed sleep patterns
- ❖ Loss of appetite
- ❖ Tension and irritability

If you are concerned, see your doctor

**THERE IS ALWAYS HOPE
YOU ARE NOT ALONE**

HOW CAN DSN HELP?

- ❖ Support and information are available through the Resource Centre
- ❖ Through delivering education in community and workplace settings
- ❖ Through practical support and mentoring during recovery
- ❖ By advocacy at local, regional, state and national forums.
- ❖ We do not offer clinical services

WHAT IS DSN?

It is the Depression Support Network (Toowoomba) Inc affectionately known as DSN.

A small group of concerned citizens met in May 2006 at Jilly's Café to discuss the support available in Toowoomba for sufferers of depression and their families.

We discovered through our research that depression support services in Toowoomba could be enhanced. We wanted to fill gaps in services as we understood them.

Since May 2006, a very committed and growing band of Toowoomba citizens, including depression sufferers and health professionals, has met regularly to fashion a service we believe is desperately needed.

We've established a resource centre and regular support groups. Workshops, forums and training courses on understanding and managing this illness are held regularly.

OUR STORIES

'No part of my life has been unaffected by the breakdowns and their ongoing effect.

With medication and supportive, positive people that I can trust and share my problems with, I am getting well.' MAX.

DSN HAS SAVED LIVES

‘My experience of depression varies from day to day, however the feeling remains constant. I must always remember though, that if it gets too much for me to handle on my own, there are people I can call or go to who will help me deal with it.’
EMMA.

‘I have had several serious bouts of depression during my life. I am finding the support I get from others is critical to my recovery.’
JANET.

ACKNOWLEDGEMENTS:

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Qld Health Chic Funding
GP Connections
Cornetts IGA
Explorer Grant Self Help Qld
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Officeworks
Dept. Environment & Resources
T.R.I.C.K. Car Club
Middle Ridge Uniting Church
Red Leaf Gift Store
South Street News
Town & Country House Wash
Tim Anderrson Plumbing
Jocelyn Price
Robertson Scannell
Deb’s Bakery
Home Ice Cream
Betros Bros.
The Sausage King
Taylors Removals
Twmba Older People’s Action Program Inc
David Fredericks Web and Graphic Design

Centre Opening hours

Monday 10.00 – 2.00 pm
Wednesday 10.00 – 12.00 noon
Friday 10.00 – 2.00 pm

Support Groups

Please contact us for support group times.
Other activities are also being arranged.
Please contact us for details.

Annual Membership Fee
\$5.00



For further information on depression,

www.beyondblue.org.au
www.depressionadvice.com.au

ABN 597 586 02 043

Incorporation number IA 35012

DSN appreciates the support of the community; any sponsorship would be received gratefully.

As a non-profit organisation:
all donations are tax deductible.

**YOU ARE NOT ALONE
THERE IS ALWAYS HOPE**



**DEPRESSION SUPPORT NETWORK
TOOWOOMBA INC**

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A/H Sue 4634 4696, 0417 616 217

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Lifeline 131114
Salvos Care Line 1300 363 622
Kids Helpline 1800 551 800
Rural Support Line 1800 201 123
Mens Helpline 1300 789 978
Suicide Hotline
1-800-SUICIDE (1-800-784-2433)
or
1-800-273-TALK (1-800-273-8255)

A Support Network for all sufferers of
Depression and their families.

DSN- providing holistic peer support
in our community