

## Beating Mondayitis

We all experience feelings of sadness, disappointment, or just feeling down for no apparent reason from time to time. If you've noticed some of the following symptoms in yourself or someone close to you, it might be a good idea to check in with them and offer some support. Experiencing these symptoms does not necessarily mean that you are depressed. Equally, not everyone who is experiencing depression will have all of these symptoms.

### Signs and symptoms

- Significant changes in appetite/weight in the absence of dieting
- Significant changes in sleeping patterns, including difficulties sleeping or excessive sleeping
- Decreased performance or motivation at work/school
- Withdrawing from close family and friends
- Relying on alcohol or other substances
- Lack of enjoyment or participation in usual activities
- Fatigue and loss of energy
- Feelings of worthlessness, helplessness, or excessive guilt

### Where to seek support

**General Practitioner-** Your local GP is a good place to start. Your doctor will discuss with you different treatment options which may include medication and/or a referral to a psychologist through a Mental Health Care Plan (MHCP). Seek as much information as you can from your doctor to assist you with implementing an appropriate plan for support.

**Psychologist-** You can access psychological services through a MHCP, which allows you to utilise up to 10 sessions per year partially subsidised through Medicare. Alternatively, you can check whether you are covered through our Private Health Fund. There is no referral needed for this.

**Other supports-** your close friends and family can play an important role in your recovery by providing support, understanding, and help.

**If for more than two weeks, you have felt sad or down, or lost interest in activities that you used to enjoy, contact Human Psychology on 1300 277 924 for a confidential appointment.**

