

Appendix 1

Where can I find more information and support?

If you wish to talk to someone about depression, the most useful initial contact is your GP or local mental health service.

To find out what mental health services are available in your area look in the Emergency Health and Help section of your local phone books or contact **Lifeline's Just Ask information line** on 1300 131 114.

If you need to talk to someone urgently please call:

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800

Useful websites about depression

Beyond Blue	www.beyondblue.org.au
DepressioNet	www.depressionet.com.au
Blue Pages	www.bluepages.anu.edu.au
Ybblue	www.ybblue.com.au
Mental Help Net	www.mentalhelp.net
Reach Out	www.reachout.com.au
Mood Disorders Association (SA)	www.moodsa.info

Appendix 2

What do these acronyms mean?

CBT	Cognitive behavioural therapy
GP	General practitioner
IPT	Interpersonal therapy
PST	Problem solving therapy
SNRI	Serotonin and noradrenaline reuptake inhibitor
SSRI	Selective serotonin reuptake inhibitor
TCA	Tricyclic antidepressant