

Situational Depression

“I’ve been feeling down since my father passed away. My mood just doesn’t seem to be lifting. I thought after a few months I would be coping better than I am. When I was speaking to a friend they suggested that I go and see a counsellor. I thought about going to see a counsellor a lot before I actually went. I have seen the counsellor three times now and I am feeling better. I feel I understand more about what is happening to me, learned some coping strategies and realise that my feelings are really understandable in this situation”



What is Situational Depression?

Situational depression (sadness, low feeling, the blues) is a type of depression that is caused by an emotionally challenging situation in our life. Some of these situations might include:

- ▶ Breakup of a close relationship
- ▶ Death of a loved one
- ▶ Divorce
- ▶ Family crisis
- ▶ Moving house
- ▶ Physical illness
- ▶ Losing your job

Almost everyone experiences situational depression sometime in their life. There is no timeframe regarding the duration of this type of depression. It varies from person to person and depends on the situation.

How do I know if I have Situational Depression?

Symptoms or warning signs can include:

- ▶ Withdrawing from family and friends
- ▶ Sleeping problems
- ▶ Change in appetite
- ▶ Increase in health complaints
- ▶ Trouble concentrating
- ▶ More irritable or over-sensitive
- ▶ Feeling unmotivated

What help is available?

- ▶ Keep yourself active (both physically and mentally)
- ▶ Use your support network to talk to (family, friends)
- ▶ Attend EAP counselling

How do you support someone else?

- ▶ Encourage them to grieve, cry and talk about what is hurting them
- ▶ Also encourage them to focus on the positive things in their life that bring them pleasure

How do you prevent Situational Depression?:

- ▶ Exercise regularly
- ▶ Maintain a healthy diet
- ▶ Speak to your support people and share your feelings
- ▶ Keep yourself occupied

Almost all people that experience situational depression recover completely, have healthy lives, and do not need medication. Keep in mind the recovery will not always be quick and understandably may take time. If you or a family member needs help, call the EAP on **1300 360 364**.