

# Depression Self-Management Program

- 12 weeks
- 2 hour sessions
- Facilitated by workers who speak your language
- Linking you with health professionals
- Self-help manual
- Small groups
- Interactive activities
- In a location near you
- Free and confidential



If you are interested in participating, or know somebody who is likely to participate, please do not hesitate to contact us for more information. We will be pleased to answer all your questions:

Qld Transcultural Mental Health Centre

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3167-8333

Fax: 3167-8322

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Macgregor

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Upper Mt Gravatt Q 4122

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# STOPPING THE CYCLE OF CHRONIC DISEASE



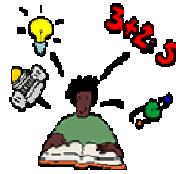
**A transcultural  
approach to  
honouring the  
mind and body**

**PLEASE NOTE:** This program is part of the mental health component of the Queensland Chronic Disease Strategy 2005-2015. QTMHC is working closely with ECCQ (Ethnic Communities Council of Queensland) who have been funded to address chronic disease in CALD communities.



# Checklist

Do you have difficulty concentrating?



Do you feel sad or empty for no apparent reason?

Do you feel worthless or guilty about things you shouldn't?



Do you feel tired or fatigued?

Do you have problems sleeping?



Do you know efficient ways of problem solving?

Do you do at least 30 minutes of physical activity a day?



Do you set healthy lifestyle goals?

## What is depression?

- Depression is a word that nowadays everyone uses instead of unhappiness or sadness, but depression is more than that.
- Depression is a condition that affects your thoughts, feelings and behaviours as well as your bodily functions.
- It impacts on aspects of everyday life.

## What is a chronic condition?

- Chronic conditions have multiple causes, a gradual onset, are long-term and persistent, and compromise quality of life.
- Diabetes, heart disease, asthma and depression are considered to be 'chronic'.
- Hereditary factors as well as lifestyle factors play a crucial role.

## Is there any relation between depression and chronic conditions?

- Yes, that is what we call the 'chronic disease cycle'.
- People with depression have twice the chance of developing a chronic disease, and vice versa.

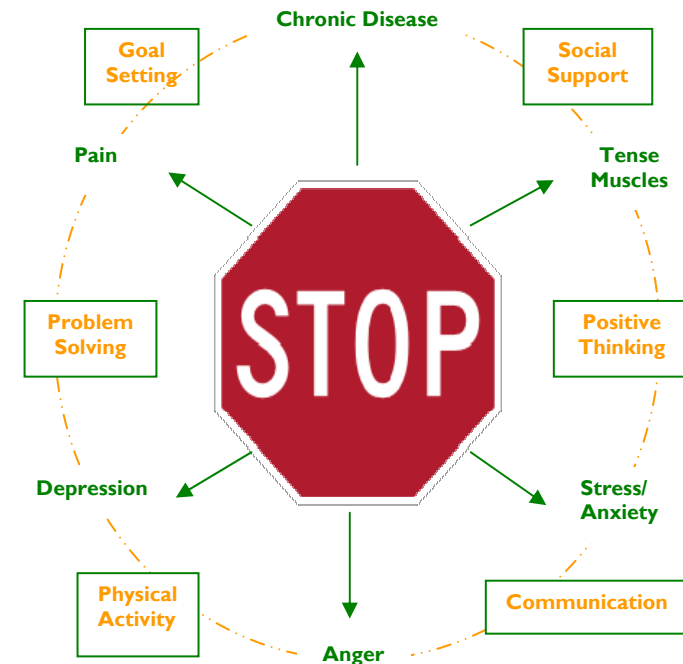
## Who gets it?

- Anyone can get depression or any other chronic condition.
- People who are overweight, smoke, are not physically active, have a poor diet, are stressed and have relatives with depression or chronic conditions are at risk.
- The good news is that you can do something about it!!!

## Why a multicultural program?

- Because migration and settlement experiences can increase the likelihood of depression and chronic disease.
- Because language and cultural barriers can prevent you from looking for help.
- Because social support is scarce.

## STOPPING THE CYCLE



**PLEASE NOTE:** This is NOT a diagnostic tool.