

# Anxiety and depression

What you should know



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



We will write contact information at the end of this book.



## About this book

This book is from Beyond Blue.



This book is about

- **anxiety**

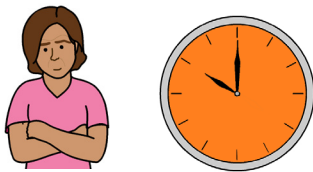
and



- **depression.**



Anxiety is when you feel very worried and stressed for a long period of time.

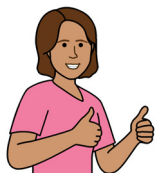


Depression is when you feel very sad and low for a long period of time.



This book will help you know

- if you have anxiety or depression

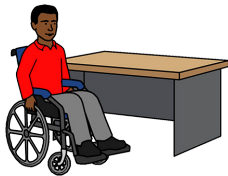


- how to get well again.

## What is anxiety?



It is normal to feel nervous and worried from time to time.



Everyone gets nervous in a stressful situation.

For example, when you

- start a new job

or



- do a test.



The feelings normally go away when the stressful situation is over.



Anxiety is when the stress and the worry do **not** go away.

## Signs of anxiety



There are common signs to tell that you might have anxiety.



You should see a doctor if you notice a lot of these signs in you.

## How you might feel with anxiety



You are often nervous and tense.



You often feel like everything is too much.



You are often scared of things or situations. For example, when you meet new people.



It is very hard for you to control your feelings.

## What you might think with anxiety



You worry all the time that something bad will happen.



You worry that other people think bad of you.



You **cannot** stop worrying.

## What you might do with anxiety



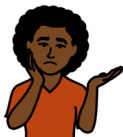
You stop doing things or seeing people that make you feel nervous.



You avoid eye contact.



You are often afraid to say what you want.



You find it hard to make decisions.

## What might happen in your body with anxiety



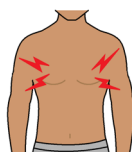
You have trouble sleeping.



You are tired.



You feel restless and **cannot** relax.



Your chest feels tight.



Your heart beats very fast.



You find it hard to breathe.



You feel dizzy and sick.



You shake and sweat.

## What is depression?

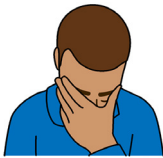


Depression is when

- you feel sad and low for a long time



- you have **no** more interest in things you used to enjoy



- you feel like life is too hard every day.

## Signs of depression



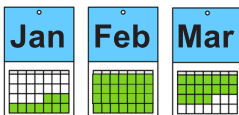
It is normal to feel signs of depression from time to time.



See a doctor if you get signs of depression

- most of the time

**and**



- for longer than 2 months.



## How you might feel with depression



You feel sad and down even if you have **no** reason.



You feel everything in your life is too much.



You do **not** feel like doing the things you normally enjoy.

For example, your hobbies.



You often feel frustrated and annoyed.



You feel life is a struggle every day.

## What you might think with depression



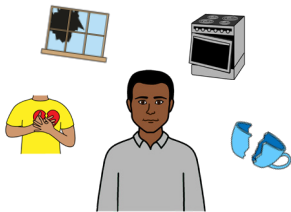
You think you are **not** good enough.



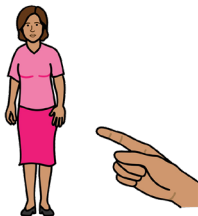
You think life is **not** worth living.



You find it hard to make up your mind.



You think only bad things happen to you.



You think everything is your fault.



You think people would be better off without you.

## What you might do with depression



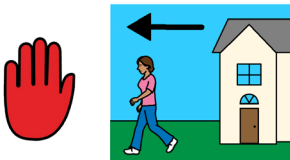
Your mind gets **distracted** all the time.



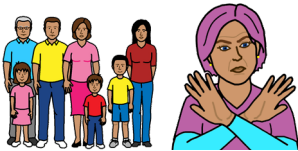
Distracted is when you **cannot** focus on a task.



You do **not** get things done at work or school.



You stop going out.



You stop seeing friends and family.



You need alcohol or drugs to feel better.

## What might happen in your body with depression



You are tired all the time.



You feel sick and run down.

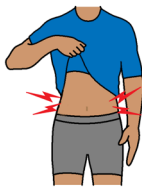


You often get

- headaches



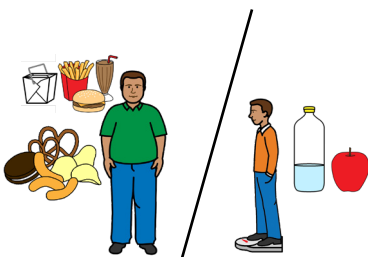
- muscle pain



- stomach pain.



You have sleep problems.



Your body weight changes a lot.

For example, you eat too much or too little.

## Who can help you?



Many people can help you.



You are **not** alone.



Reach out for support.

– Phone numbers are at the end of this book.



You should make an appointment with  
your doctor.



Your doctor will

- check your health



- help you understand how you feel



- help you get better.

# What can stop your anxiety and depression?



What stops anxiety and depression is different for everybody.



Your doctor will find out what works best for you.



You might need to

- take medicine

or



- change your daily activities

or



- see a **psychologist**.

A psychologist can help with your mental health.

## What else can you do?



Look for ways to feel less stress.



Keep up a routine.

For example, good sleep times.



Plan activities you enjoy.



Drink less alcohol.



Eat healthy food.



Spend more time in nature.



## More information

### People who can help you



### In an emergency

Call Triple Zero.

000

### Lifeline

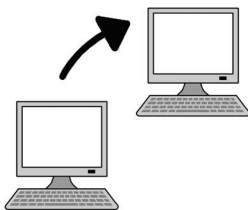
You can call the free crisis hotline at any time.



Call 13 11 14



Text message 0477 13 11 14



Web chat [lifeline.org.au/crisis-chat](https://lifeline.org.au/crisis-chat)



## Head to Health

A website to help you find mental health support.



Website [headtohealth.gov.au](http://headtohealth.gov.au)



## Beyond Blue

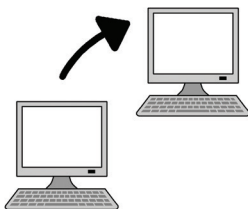
Our mental health professionals will listen to you.



Call 1300 22 4636



Website  
[beyondblue.org.au/about-us/contact-us](http://beyondblue.org.au/about-us/contact-us)



Web chat  
[beyondblue.org.au/support-service/chat](http://beyondblue.org.au/support-service/chat)

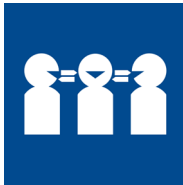


## Free anxiety checklist

Use our free checklist to find out if you might have anxiety or depression.



Website [beyondblue.org.au/checklist](https://beyondblue.org.au/checklist)



## If you do not speak English

Use the Translating and Interpreting Service or TIS.



Call 131 450

Give the TIS officer the phone number you want to call.



**If you need help to speak or listen**

Use the National Relay Service.



Website

[infrastructure.gov.au/national-relay-service](http://infrastructure.gov.au/national-relay-service)



Call            1800 555 660

Give the relay officer the phone number you want to call.

**This document was funded by the Transurban COVID-19 Recovery Grant with in-kind support provided by Thriving Communities Partnership (TCP).**

**This Easy English document was created by Scope (Aust) Ltd. in October 2022 using Picture Communication Symbols (PCS). PCS is a trademark of Tobii Dynavox, LLC. All rights reserved. Used with permission. This document must not be sold to third parties. The images must not be reused without permission. For more information about the images, contact Scope on 1300 472 673 or visit [scopeaust.org.au](https://scopeaust.org.au).**