

## PERSONAL CRISIS



### Contact phone numbers and websites

#### Youth Beyond Blue Depression Initiative

Phone: 1300 224 636

Website: [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

#### Beyond Blue Depression Initiative

Website only: [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### Child Protection Crisis

Phone: **Business Hours** 1300 655 795

After Hours 13 1278 - 5pm - 8.45am

Website: [www.dhs.vic.gov.au](http://www.dhs.vic.gov.au)

#### Grief Line ( 12pm - 3am)

Phone: 9935 7400

Website: [griefline.org.au](http://griefline.org.au)

#### Kids Help Line

Phone: 1800 551 800

Website: [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

#### Lifeline (24 hour)

Phone: 131 114

Website: [www.lifeline.org.au](http://www.lifeline.org.au)

#### Missing Persons

Phone: 1800 000 634 (Free in Australia)

Website: [www.missingpersons.gov.au](http://www.missingpersons.gov.au)

#### Parentline (8:00am — midnight, 7 days a week)

Phone: 13 2289

Website: [www.parentline.com.au](http://www.parentline.com.au)

#### Peninsula Community Mental Health

Phone: 9784 6999

Hours: Mon-Fri 4pm-8pm

Sat-Sun 10am-8pm

Website: [www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)

#### Mental Health Advice Line (24 hour)

Phone: 1300 280 737

#### Suicide Callback Service (24 hour)

Phone: 1300 659 467

Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

## COUNSELLING



#### Frankston Youth Central

60A Playne Street, (next to Frankston library)  
Frankston 3199

Phone: 9768 1366

Fax: 9768 1377

Email: [youthcentral@frankston.vic.gov.au](mailto:youthcentral@frankston.vic.gov.au)

Web: [www.frankston.vic.gov.au/youth](http://www.frankston.vic.gov.au/youth)

Times: 10:00am – 5:00pm drop-in

(Frankston office for Headspace)

COMMUNITY SUPPORT FRANKSTON  
Inc. Reg. No. A0000431J ABN 95 426 151 625

# Depression checklist for youth

December 2018

## In the Frankston area



- early warning signs ●
- personal crisis contacts ●
- counselling ●



35 Beach Street, Frankston  
Phone: 9783 7284

## DEPRESSION IN YOUNG PEOPLE



*Adolescence is a vulnerable time for depression.*

Adolescence is a time of physical, emotional, intellectual and social change. It is a time to adapt and integrate into broader society, and establish one's own identity.

### Checklist for signs of depression

A young person may be depressed if they show four or more of the following symptoms for more than two weeks or six months if associated with the death of a family member or close friend:

1. Not eating or eating too much. Has lost or gained lot of weight in a short time.
2. Has lost a lot of energy, complains of feeling tired all the time. Loss of interest in things they enjoyed.
3. Is tense, with sore muscles, unexplained aches and pains.
4. Changes in sleep pattern: Complains they can't sleep at night or sleep too much.
5. Restless, 'on edge' (pacing, wringing hands) or has slowed down (spends hours staring or finds it hard to move)
6. Feels worthless or complains of feeling inappropriately guilty.
7. Becomes withdrawn and is tired, grumpy, irritable or upset
8. Believes life is not worth living, there is no future and would be better off dead.

## EARLY WARNING SIGNS



Significant changes in character and behaviour provide early warning signs, and the opportunity for early intervention. Alcohol and other drug misuse can change the body's chemistry causing depressive symptoms.

### HOME and FAMILY

- Physically or verbally aggressive
- Irritable – ie; snaps at people for no apparent reason
- Expresses negativity about family
- More than normal conflicts with parents and siblings
- Changes eating and sleeping habits
- Abandons favourite hobbies or sports
- Misuses drugs and alcohol
- Complains of being bored
- Always moving around or alternatively, is lethargic
- Sits passively watching TV for hours
- Risk-taking – ie; dangerous driving

### SCHOOL

- Changes in behaviour at school or work
- Frequent absences from school
- Poorer grades for assignments than previously
- Loses concentration
- Becomes disruptive in class
- Sets self up for rejection by peers and/or teachers (takes on victim role)
- Mentally confused and finds it hard to make decisions
- Loses interest in activities which once were fun

## FRIENDSHIPS

- Stops going out with friends; shows no interest in group outings
- Starts associating with a different peer group
- Cannot remember or doesn't turn up to commitments
- Projects personal difficulties on to others – eg; bullying
- Increase or decrease in sexual activity

## SELF IMAGE

- Speaks in monotones or gives one word replies
- Cries easily, looks sad, feels alone or isolated
- Changes in feeling, thought or perception
- Expresses inappropriate guilt
- Fears about having to be perfect
- Preoccupied with self; withdrawn, shows inner distraction
- Fearful of doing something bad
- Feelings of not being good enough, worthlessness, failure
- Expressions of hopelessness: nothing to look forward to
- Incidents of self-injury
- Has ideas of killing self

Youth depression often shows a marked change in character, a decline in school work and a changed relationship to family and friends. The person may appear unhappy, tearful, down in the dumps or complain of sadness or emptiness or has lost interest or enjoyment in most activities and pastimes they previously enjoyed.