

## PERSONAL CRISIS



### Contact Phone Numbers & Websites

#### Youth Beyond Blue Depression Initiative

Phone: 1300 224 636  
Website: [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

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Phone: 1300 224 636  
Website: [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### Child Protection Crisis

Phone: **BH** 1300 655 795  
**AH** 131278 (5pm-8.45am)  
Website: [www.providers.dhhs.vic.gov.au](http://www.providers.dhhs.vic.gov.au)

#### Grief Line (12.00pm - 3.00am)

Phone: 9935 7444 or 1300 845 745  
Website: [www.griefline.org.au](http://www.griefline.org.au)  
(24/7 Online Counselling)

#### 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: 1300 792 977  
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

## 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)

# Depression Checklist for Youth

March 2020

## In the Frankston area



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



35 Beach Street, Frankston  
Phone: 9783 7284

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

## 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 & FAMILY**

- Physically or verbally aggressive
- Irritable - 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 fun 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 onto others, ie: 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, complain of sadness or emptiness, or has lost interest or enjoyment in most activities and pastimes they previously enjoyed.