



**The Red Couch**  
Counselling & Psychology  
Clinic

Phone: 1800 232 152 for an appointment or book securely online at [www.theredcouch.com.au](http://www.theredcouch.com.au)



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## **Managing Depression**

### **Rebecca Urie's 7 Tips in 7 Days – Resources to accompany video series**

#### **Tip # 1 - Staying safe and things to rule out**

24 hour help services:

- CATT team: for crisis mental health support.

<http://www.health.vic.gov.au/mentalhealth/services/adult/insoutheast-a.htm>

(On the right side of the page, click on the geographic area and look for the 'psychiatric triage' phone number).

- Lifeline: Phone 13 11 14 for anonymous crisis telephone counselling

Helpful website when you are worried that someone you care about may be suicidal:

<http://www.helpguide.org/articles/suicide-prevention/suicide-prevention-helping-someone-who-is-suicidal.htm>

Helpful website when someone you care about is suicidal or has attempted suicide:

<http://suicideline.org.au/at-risk/how-to-talk-about-suicide>

## **Tip # 2 - Move your body**

Dr. BJ Fogg's Free Tiny habits program <http://tinyhabits.com/>

Links to fact sheets on the benefits of exercise for depression and worksheets on exercise pros and cons, overcoming obstacles and setting goals:

<http://www.blackdoginstitute.org.au/factsheets/index.cfm>

## **Tip # 3 - Watch your thinking**

A list of common unhelpful thinking 'styles' that can make depression worse:

<http://psychology.tools/unhelpful-thinking-styles.html>

*Some helpful self-help modules to assist in watching your thinking can be found at:*

[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

## **Tip # 4 – Fake it till you make it**

A big list of activities you might find fun or pleasurable. Perhaps there are some things here you could include in your daily routine?

<http://www.cci.health.wa.gov.au/docs/Fun%20Activities%20Catalogue.pdf>

A worksheet for planning activities in your week:

[http://www.self-help.tools/assets/worksheets/Activity\\_Planning.pdf](http://www.self-help.tools/assets/worksheets/Activity_Planning.pdf)

## **Tip # 5 - Is the depression telling you something important?**

A worksheet to help you explore your values. Living in line with our values can make us feel more positive about ourselves and our lives:

<http://www.self-help.tools/assets/worksheets/Values.pdf>

## **Tip # 6 - Put some colour back in the moment.**

A link to some information on mindfulness: what it is and some mindfulness activities including 'notice 5 things'.

[http://sf-act.com/docs/resources\\_harris.pdf](http://sf-act.com/docs/resources_harris.pdf)

### **Tip # 7 - Get some outside input**

Beyondblue has lots of information on their website. You can also call or chat online with their counsellors or join online forums:

<https://www.beyondblue.org.au/connect-with-others>

Blackdog:

Again, this site has lots of information on research, factsheets and videos about depression and depression treatment:

<http://www.blackdoginstitute.org.au/>

### **Remember - Crisis support available 24/7:**

lifeline:

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

Call 131114

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

1300 659 467

CATT team: for crisis mental health support.

<http://www.health.vic.gov.au/mentalhealth/services/adult/insoutheast-a.htm>