

Subject 3: Treatment of depression

Despite not being readily observed like a physical injury, depression is highly debilitating for sufferers. However, with correct advice from a qualified health practitioner, depression can be treated successfully.

If you are concerned you may have depression there are a number of people and treatments available to help. Although medication is often recommended, other evidence based strategies for dealing with depression can include talking therapies, lifestyle changes, exercise, and increased social interaction and support.

Cognitive Behavioural Therapy (CBT) is a structured psychological treatment that recognises that the way we think (cognition) and act (behaviour) affects the way we feel. CBT involves working with a professional (psychologist or counsellor) to identify thought and behaviour patterns that are either making you more likely to become depressed, or stopping you from getting better when you're experiencing depression.

Evidence based online therapies generally utilise cognitive and behavioural therapies that are easily accessible and are not limited by location or time of day. Some examples are the [Centre for Clinical Interventions](#), [Mindspot](#), [This Way Up](#), and [My Compass](#). [FlourishDx](#) also contains resources to understand depression and address symptoms.

If you are concerned about depression

Effective treatments for depression are available to help. Speak to your doctor or company provided counselling service for advice on the best option for you.

Do you want to find out more?

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).