Appendix 1

Where can I find more information and support?
If you wish to talk to someone about depression, the most useful initial contact is your GP or local mental health service.
To find out what mental health services are available in your area look in the Emergency Health and Help section of your local phone books or contact Lifeline’s Just Ask information line on 1300 131 114.
If you need to talk to someone urgently please call:

- **Lifeline**: 13 11 14
- **Kids Helpline**: 1800 55 1800

Useful websites about depression
- Beyond Blue: [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Blue Pages: [www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au)
- Mental Help Net: [www.mentalhelp.net](http://www.mentalhelp.net)
- Mood Disorders Association (SA): [www.moodsa.info](http://www.moodsa.info)

Appendix 2

What do these acronyms mean?

- **CBT**: Cognitive behavioural therapy
- **GP**: General practitioner
- **IPT**: Interpersonal therapy
- **PST**: Problem solving therapy
- **SNRI**: Serotonin and noradrenaline reuptake inhibitor
- **SSRI**: Selective serotonin reuptake inhibitor
- **TCA**: Tricyclic antidepressant