



## Fact Sheet

# Sadness

### What is Sadness?

Sadness is when you feel really down or upset, and it can happen when things don't go how you wanted or when you lose something important. It's okay to feel sad sometimes, but if it lasts a long time or makes it hard to do things you enjoy, it could be something more serious, like depression.

### Signs of Depression

Depression is more than just feeling sad - it can affect how you think, feel, and act. Here are some signs of depression:

- **Feeling very sad**  
Feeling sad all the time or like nothing will ever get better.
- **Feeling tired or having no energy**  
You might feel so tired you don't want to get out of bed or spend time with friends.
- **Avoiding the things you usually enjoy**  
Not wanting to go to work or school, spend time with friends, or do activities you used to love.
- **Physical changes**  
Having trouble sleeping, feeling hungry all the time, or not hungry at all.
- **Feeling worthless or guilty**  
You might feel like you're not good enough or that you've done something wrong, even if you haven't.

## Different Types of Depression

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### Major Depressive Disorder (MDD)

Feeling sad most days for at least two weeks.

2

### Seasonal Affective Disorder (SAD)

Feeling down in colder months when there's less sunlight.

3

### Persistent Depressive Disorder (PDD)

Feeling sad for a long time, lasting a year or more, even if it's not as intense as MDD.

4

### Adjustment Disorder

Feeling sad or hopeless after a big change, like moving to a new place or a divorce.

## What Causes Depression?



Difficult experiences like trauma or bullying



Losing someone close to you or family problems



Life stressors



Changes in the brain or a family history



Struggling with friendships or school



Medical conditions

## What Can You Do If You're Feeling Sad?



**Talk about your feelings:** Let someone you trust know how you're feeling- whether it's a parent, teacher, or friend.



**Take care of yourself:** Stay active, get outside, and rest to help improve your mood.



**Practice relaxation:** Try deep breathing or guided relaxation exercises to feel more calm.



**Write in a journal:** Writing about how you feel can help you understand your emotions.



**Set small goals:** Break down big tasks into smaller, easier steps to help you feel accomplished.

## When is it time to seek professional help?

- If depression is stopping you from doing everyday things – school, sports, or hanging out with friends.
- If your feelings of sadness or depression last for a consistent amount of time, such as more than two weeks.
- If physical symptoms are happening a lot and are interfering with your daily life.
- If you feel down and nothing seems to help, even after talking a trusted person such as a teacher or parent.
- Visiting your GP is a good first step in talking about your experiences of depression with a professional. Your GP can help you to see what support and treatment options there are for you.

## Resources for Sadness and Depression

- **Beyond Blue:**  
Information and support for depression
- **Headspace:**  
For young people dealing with sadness and mental health
- **Kids Helpline:**  
11800 55 1800 - Free, confidential support for children and teens