

Employee fact sheet:

Finding Your Way Through Depression



Everyone feels low, flat or unmotivated at times. Low mood is a normal response to stress, disappointment, grief or major life changes. Depression is more than a bad day. It can affect how you think, feel, behave, sleep, eat and connect with others. Low mood that lasts two weeks or more, feels hard to shift, or starts interfering with daily life may be a sign that support would help.

You do not need to wait until things feel unmanageable to seek support. Whether you have noticed specific symptoms, are finding things difficult, or simply feel unsure about what you are experiencing, your workplace EAP provider, PeopleSense, can help. Confidential support with a qualified psychologist can help you better understand what is happening and identify what support may be useful at any point in your mental health journey.

What low mood or depression can feel like

Depression can look different for different people. Some feel sad or tearful. Others feel numb, empty, irritable or disconnected from things they usually care about.

Depression may affect	What this can feel like
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Mood	Feeling sad, flat, empty, numb, hopeless, irritable or easily upset.
Energy	Feeling tired, slowed down, heavy or drained, even after rest.
Sleep	Sleeping more than usual, sleeping poorly, waking early or struggling to get out of bed.
Thinking	Difficulty concentrating, remembering things, making decisions or seeing a way forward.
Connection	Withdrawing from people, avoiding messages or feeling disconnected from others.
Enjoyment	Losing interest or pleasure in activities, hobbies, work or relationships that usually matter to you.

Low mood may also affect appetite, motivation, confidence and self-worth. Some people feel unusually guilty, self-critical or like a burden.

Tips for Managing Depression

Below are some strategies you can try yourself or with support from others to help manage symptoms of low mood or depression. You can also access [EAP sessions through PeopleSense](#) by Altius at any stage. Support from a qualified psychologist can help you understand what you are experiencing, put helpful strategies into practice, and identify other ways to support your wellbeing.

1. Talk to someone you trust

Share how you're feeling with a friend, family member or colleague.

2. Stay connected

Try to maintain social connections, even when you don't feel like it.

3. Keep a routine

Regular sleep, meals and daily activities can help create stability.

4. Be physically active

Even a short walk can help improve mood and wellbeing.

5. Take things one step at a time

Focus on small, achievable goals rather than trying to do everything at once.

6. Avoid unhealthy coping strategies

Limit alcohol and other substances, which can worsen symptoms.

7. Be kind to yourself

Recovery takes time. It's okay to ask for help and take things slowly.

Seek professional support

Speak with your GP, psychologist or access support through your EAP, if low mood or depression is affecting your wellbeing, work or daily life.

Through your EAP with PeopleSense, you can speak confidentially with a qualified psychologist for support and practical guidance.



Reaching out early makes a real difference.
Contact [PeopleSense](#) to book a confidential appointment with a qualified psychologist.

If you are having thoughts of self-harm or suicide, seek urgent support immediately. Call 000, Lifeline on 13 11 14.

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