

Useful Phone Numbers:

Lifeline 24 hour counselling service

- PH 131114

Sane 24 hour helpline

- PH 1800187263

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Painting titled Pillar by artist Randy Johnson

# Adapting to Limb Loss

# About Depression

Everyone has their share of good and bad days. Life is filled with many ups and downs. Some days may be so bad that we have trouble doing what we need or want to, or we might not feel like doing anything at all. This could be depression.

## Checklist

Depression can affect a person's mood (feelings), mind (thoughts) and actions. Depression can also affect how the body functions and even relationships with others. Here are some symptoms of depression:

- Sad feelings that last more than two weeks
- Loss of interest in things you usually enjoy
- Changes in appetite—wanting to eat a lot more or much less
- Changes in weight—gaining or losing noticeable body weight
- Trouble sleeping—either sleeping too little or too much
- Restless feelings—like you always have to be doing something
- Little or no energy
- Feelings of being guilty or worthless

## Facts about depression

Depression affects men, women, and children of all ages and backgrounds. Here are some facts to know:

- Men and women often cope with depression in different ways. For instance, women may become withdrawn and avoid people. They may also gain or lose a lot of weight. For help, women may look to their friends and family. Men may say they feel tired or grouchy, not depressed. To cope, men may drink, use drugs, work too much, or engage in reckless behaviour such as driving cars too fast.
- Infants and children can have depression. Often, it is caused by family problems, allergies, or autoimmune diseases such as diabetes.
- People with a lot of stress or problems such as losing jobs or getting divorced, may have depression.

## Depression, limb loss and diabetes

People who have limb loss or other traumas are considered at risk for depression. So are those with diabetes or other chronic conditions. People with both limb loss and diabetes are even more likely to have depression

Depression and poor health form a vicious cycle. For instance, a person with depression may not eat right, take medication correctly, or follow medical advice. This, in turn, can lead to poor health. As the person's health gets worse, so does the depression.

## What to do when you have depression

The good news is that depression can be treated. Here are some things you can do:

- **Make an appointment for a medical examination (check-up).** Talk with your doctor about any symptoms of depression. Your doctor can check whether these are due to physical illness, medication or depression.
- **Ask for a referral to a mental health professional (such as a psychiatrist, psychologist, counsellor or social worker).** He or she can talk with you about treatment options such as psychotherapy (talking therapy), antidepressant medication, or both.
- **Stay active.** Make an effort to do activities you enjoy, such as walking, yoga or other types of light exercise.
- **Be with others.** Try not to always be alone. Many people with depression find it helpful to join a support group (either in person or online). This is a way to talk with others who are dealing with problems like yours. Ask your doctor or mental health professional about support groups that are right for you.
- **Be patient.** Do not expect too much from yourself right away. It takes a while to feel better after depression. The good news is that millions of people with depression feel better each day.