



**Dr. Marilyn L Barton**  
**B.Ap.Sc (Psych), Grad. Dip. (Couns),**  
**D. Psych (Clinical), Dip. Clin. Hypnosis**

Applecross Psychological Services proudly offers Cognitive-Behavioural (CBT) and other therapies to help you cope with depression.

Inside, you will find information on how to cope with depression prior to your session with Dr. Marilyn Barton.

## Depression

The word depression is used to describe various and sometimes overlapping experiences. To many people, being depressed means feeling sad "blue", downhearted, disappointed, detached or upset. Feeling down, sad or "blue" may not be a serious problem. It could just be a rough patch and these feelings will pass and have slight effects on normal functioning.

However if the feelings of sadness go on for more than two weeks and starts to affect daily life, these may be symptoms of clinical depression which is an emotional, physical and cognitive state that is intense and long-lasting and has negative effects on a person's day to day life. Clinical depression may need a medical assessment and treatment by a mental health professional. Approximately one in five people will experience an episode of clinical depression in their lifetime.



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## *How to Cope with Depression*



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## What Are The Causes Of Depression?

- Stressful life events.
- Genetics.
- Personality.
- Imbalance in the pathways of neurotransmitters in the brain.

## What Are The Symptoms Of Depression?

- Crying.
- Sadness.
- Feelings of emptiness and loneliness.
- Worrying and negative thinking.
- Loss of concentration and memory.
- Loss of interest in pleasurable activities and daily routine.
- Withdrawing from others around them.
- Changes in sleeping patterns.
- Changes in eating patterns.
- Fatigue.
- Irritability, agitation and even anger.

## What Will Help?

- Increasing activity levels.
- Participating in pleasurable experiences.
- Focusing on the positive things, no matter how small.
- Keeping busy and keeping your mind focussed on tasks.
- Practising regular relaxation and meditation techniques.
- Communicating with supportive friends or family.
- Avoiding sleeping during the day or lying in bed for longer than 30 minutes without sleeping at night time.
- Do not make any major life decisions while depressed.

## Suicidal Thoughts

Depression can often lead to feelings of great despair and distress. If you feel your situation is hopeless and maybe are thinking of suicide or not able to trust yourself to stay safe it is important that you:

- Speak to someone you trust who you know will listen and try and understand.
- Spend time with others so that you are not alone.
- Call a crisis line or seek help from a GP or mental health professional.
- A brief stay in an inpatient clinic might be helpful.

## How Is Depression Treated?

If depression is detected early, and help is sought, there is a very good chance that the symptoms can be reduced or overcome through:

- Psychological treatments; or
- Anti depressant medications; or
- Combination of both of the above.

## Further Help Needed?

At these times, you may wish to seek help from someone you trust such as a close friend or family member, or professionally through your local GP, or through counselling.

Applecross Psychological Services can assist you with this process.

## Who is Dr. Marilyn Barton?

Dr. Marilyn Barton established Applecross Psychological Services ten years ago to care for the mental health and well being of patients in the southern corridor of Perth. She is an experienced clinical psychologist, who has been counselling children, young adults, parents, families for the last 25 years. Along with her tertiary education, including a PhD, Dr. Barton also possesses a Diploma of Clinical Hypnosis. She is also a member of the Australian Psychological Society's College of Clinical Psychologists.

## How Do I See Dr. Marilyn Barton?

- Appointments can be made via phone or email. You can meet with us or even SKYPE or FaceTime us from the comfort of your own home.
- Monday - Thursday, 9am - 5pm.
- Appointments are 50 minutes long.

