

Depression

If you feel constantly sad, have lost interest in activities you usually enjoy and haven't been able to carry out your usual daily activities for at least two weeks, you may be depressed.

You may feel stressed and anxious from living in another culture, feeling homesick and not always understanding the language. If these feelings continue, they may lead to depression.

Symptoms of depression

Symptoms of depression include:

- changes in sleeping or eating habits
- struggling to concentrate or being forgetful
- feeling tired and unmotivated
- feeling irritable, having severe mood swings or feeling uncontrollably angry
- having unexplained aches and pains, such as headaches
- using drugs or alcohol to cope with negative feelings
- feeling worthless or guilty.

Useful resources

You might find these apps, helplines, online therapy tools and resources useful.

[Sparx](#)

[Youthline](#)

[Aunty Dee](#)

[The Lowdown](#)

[Common Ground](#)

[Depression.org.nz](#)

[Mental Health Foundation](#)

[Southern Cross](#)

Some people with depression have a negative view of themselves, thinking they're a failure or that no-one cares about them.

If your depression leads you to hurt yourself on purpose, or you have thoughts of suicide, seek help immediately.

Where to go for help

It's important to get help for depression, as most people won't be able to overcome it without support.

You could talk to the international staff, or see your school counsellor or a doctor. The international staff or your homestay family can help you make an appointment.