



WELLELDER

Ph 04 380 2440 | www.wellelder.nz | administrator@wellelder.nz

A community trust providing specialist counselling for older people from Wellington through to Kāpiti

Depression – counselling can help!

Many older people experience depression, and it is frequently not recognised or diagnosed.

Depression is more than an “attack of the blues” or being in the doldrums for a short while. It is a persistent state of numbness or ongoing unhappiness, and can be something people have experienced often before, or come out of the blue.

Many factors can contribute to depression; such as grief, loss, change, loneliness, poverty, illness, reaction to medication, or a combination of these and other events. They are all issues that particularly affect older people.

Also, older people often don't seek help – they don't like to bother their GP (or family or friends) about something other than a physical illness, and can find it hard to put what is troubling them into words.

If you experience things like:

- Feeling down, most of the day, for days on end,
- Change in sleeping patterns,
- Loss of appetite, or weight gain or loss,
- Loss of interest and pleasure in life,
- Loss of motivation,
- Changes in behaviour such as irritability or withdrawing from others,
- Feelings of hopelessness or worthlessness,
- Poor concentration and finding it hard to make decisions;

you may be experiencing depression, and we encourage you to do something about it. Depression is something that with help, you can get through.



WellElder provides low cost counselling for older people

In 2017 we held 989 individual counselling sessions and ran 36 group sessions for 290 clients.

- *We rely on a DHB contract to provide the service.*
- *We ask clients to contribute towards the cost of counselling as they can, from \$10.*
- *Donations and additional funding are necessary to cover the full cost.*

Many older people have developed strategies for dealing with times when they feel low. These include spending time with family or friends, persisting with activities that usually give you pleasure, treating yourself to small treat, or picking up a hobby or activity in your community.

We encourage you seek help. Talk to someone about it – ideally your GP, or a trusted friend or family to ask advice about what to do. Consider taking someone with you to see your GP – they can assist by reminding you what the GP says, and support you to follow up.

There is also great information online at www.depression.org.nz

Consider counselling - sharing your experiences can help. An experienced, independent and skilful person is surprisingly easy to talk to and can assist in finding ways forward, in making decisions and finding further help if you need it.

The experience of talking out loud about your thoughts and feelings can help make some sense of things when you feel very low. Sharing your experiences can help you understand what is happening to you, assist to find ways forward, to make decisions and find further help if you need it.

At WellElder we have counsellors experienced with helping people in this way. You can ring to discuss it with us on 04 3802440, or look us up at www.wellelder.nz. If you choose to see a counsellor, we can arrange this with you directly.

With thanks to Mental Health Foundation pamphlet Later Life Depression.

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make some sense of things when you feel very low*

Become part of the WellElder community in Wellington.... 

Signup for information and invitations to events to support WellElder

Name: _____ Email: _____

Donate to us at 94 Riddiford Street Newtown, or by direct debit to bank account 06-0574-0223422-00 (ANZ Kilbirnie)

We are a registered charity (CC31682) – Your donations are tax deductible