

# Seek Help Through Our Depression Counselling in Kensington

Sometimes daily struggles can begin to take their toll, and it can be difficult to see the sun behind the clouds that are closing in.

Depression doesn't discriminate. It can happen to people of any age, any background, any gender. It's a difficult, and often debilitating condition that affects an average of 1 in 6 women and 1 in 8 men across Australia.

Due to the sometimes-debilitating nature of this condition, it can be difficult to understand when to seek out help or to know who to ask. But it's important to understand that help is available, and often the first step towards treating depression is speaking to a professional. With Kensington Psychology and Well-Being's depression counselling, you no longer have to suffer in silence.

Speak to your GP, and if the issue is understood to be a psychological one, you can be referred to one of our specialised psychologists. Our [specialised psychologists](#) have worked with clients throughout Norwood, Kensington, and Adelaide to better understand and manage their mental health through depression counselling.

## Offering depression counselling and therapy at our private practice

Our compassionate and professional depression counselling service will help those seeking help manage their anxiety or depression. With our training, knowledge and extensive experience, we can help you better cope with your symptoms while arming you with the tools you need to manage your depression in your daily life. The most important thing to understand is that help is available and there are treatments that work.

## Identifying the signs and symptoms of depression

Depression is mainly characterised by a sad or irritable mood for at least two weeks, a loss of interest in activities that were previously found pleasurable and strong feelings of guilt, hopelessness, and worthlessness.

Other symptoms of depression include appetite changes, too much or too little sleep, poor motivation, increased anger levels, low energy, difficulty concentrating, and memory problems. Furthermore, it is not uncommon for depressive individuals to be socially withdrawn, lose interest in sex, have failed relationships, and even have suicidal ideation.

## Getting in touch regarding our counselling services

At Kensington Psychology and Well-Being, we offer [a comprehensive range of services](#) in order to treat and nurture the body and mind and get you back on the path to psychological health. If you're ready to reach out to the [Kensington Psychology team](#) regarding our depression counselling services in the Adelaide and Norwood area, please get in touch by calling us on [\(08\) 7006 5225](#).

If you're having suicidal thoughts or abusing medication or other substances, please don't delay. If the matter is urgent, please contact your GP or a helpline immediately.