

### **Exercise 3.2 Scenario 1 Heather**

'Depression and anxiety are common in Australia. In any one year, around one million Australian adults have depression, and over two million have an anxiety disorder. While depression and anxiety are different conditions, they share many causes and some symptoms. This can sometimes lead people to think they have, for example, depression, when they're actually experiencing an anxiety disorder. It is not uncommon for depression and anxiety to occur together – over half of those who experience depression also experience symptoms of an anxiety disorder – and in some cases, one can lead to the onset of the other.

The good news is that, just like physical illnesses, depression and anxiety can be treated. Both conditions share many of the same treatments, and with the right treatment, most people recover. The sooner a person with depression and/or anxiety seeks help, the sooner he or she can recover.'

Depression and Anxiety Information Booklet, Beyond Blue, 2012 p3

<https://www.bspg.com.au/dam/bsg/product?client=BEYONDBLUE&prodid=BL/0885&type=file>

Someone from your church asks you to meet her neighbour Heather who is new to the area.

Heather is 38 years old. She has a history of abuse in childhood and has subsequently been involved in relationships where she experienced violence. Heather is currently unemployed and lives alone. She has been diagnosed with anxiety and depression which she has been living with for many years.

As an informed friend how can you support Heather to maintain her wellbeing across this spectrum of social issues?