



What you need to know for yourself, and for your loved ones.

Depression

“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.”

James 1:2-4

“...we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.”

Romans 3:3-5

Definition:

Depression is A psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death. Also called clinical depression.



Signs and Symptoms:

- A lasting sad mood and/or loss of interest or pleasure in most activities
- Changes in appetite or weight
- Changes in sleep patterns
- Restlessness or decreased activity that others notice
- Loss of energy or feeling tired all the time
- Hard time concentrating or making decisions
- Feelings of worthlessness or guilt
- Repeated thoughts of death or suicide

Depression Is:

Constant or Repetitive thoughts, feelings, and emotions of sadness.

Depression Is Not:

Just feeling sad, being down, or being crabby.

What can you do to treat your depression?

- * Stay involved with friends or youth group/small groups
- * Exercise
- * Keep a journal (helps to sort your thoughts)
- * See a Christian Counselor (if possible and/or necessary)
- * Talk to your doctor
- * Keep a book of encouragement (when you are down this may help)
- * Family (use this system of support if you have close family members)
- * Develop a set of routines
- * Avoid attachment to people with similar issues
- * Consider joining a support group for those with similar issues

This information made possible by:

BACHMANN & ASSOCIATES
INCORPORATED

Professional Christian Counseling
651.379.0444

What can you do for a friend who is struggling with depression?

- * Learn to be a good listener
- * Ask them questions when you don't understand
- * Be patient
- * Be honest with them about the fact that you may not understand exactly what they are dealing with
- * Be careful not to encourage depressive tendencies
- * Make it clear that you care, but also be aware of dependency complications
- * Commit to praying for them and doing what is best for him/her regardless of how it feels
- * Learn more about what your friend is going through (but be careful not to use this information in the wrong way)