

Depression

TALKING POINTS

- Listen to understand the message of the depression. It's trying to tell you something.
- It is very important to break the cycle of the negative rumination that is part of depression.
- Helpful tools to combat depression: Exercise, Omega-3s, Sunshine, Social Activity, Sleep and Diet.

SCRIPTURES

- **Jeremiah 29:11** — I know the plans I have for you, plans to give you hope and a future.
- **Proverbs 2:3-5** — Cry out for insight and for understanding.
- **Psalms 13:1-3** — How long will you hide your face? How long must I wrestle with my thoughts and sorrow in my heart?
- **Psalms 34:18** — The Lord is close to the brokenhearted and saves those who are crushed in spirit.
- **Psalms 56** — In God I trust, I will not be afraid.
- **Philippians 4:13-14** — I can do everything through Christ who strengthens me.
- **Job 19:7-10** — Job's depression.
- **Luke 1:13** — Do not be afraid, your prayer has been heard.
- **Isaiah 43:1-2, 5, 18-19** — When you pass through the waters, I will be with you; Do not be afraid for I am with you.

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SUGGESTED READING

- *The Depression Cure* by Dr. Steven Ilardi (De Capo Lifelong Books, 2010)
- *Reaching for the Invisible God* by Philip Yancey (Zondervan, 2002)
- *The Freedom from Depression Workbook* by Les Carter and Frank Minirth (Thomas Nelson, 1995)
- *The Depression Workbook: A Guide for Living with Depression and Manic Depression* by Mary Ellen Copeland (New Harbinger, 2001)
- *I Don't Want to Talk about It: Overcoming the Secret Legacy of Male Depression* by Terrence Real (Scribner, 1998)
- *When Someone You Love Suffers from Depression or Mental Illness: Daily Encouragement* by Cecil Murphey (Beacon Hill, 2004)

RESOURCES

- Mental Health Questions — www.Godtest.com
- The Burns Depression Checklist — <http://www.suicideforum.com/bdc/index.html>

****National Suicide Prevention Lifeline - 1-800-273-8255****