



# It's OK to Talk About It

Successfully Overcome And Rejoice

Isaiah 40:31

## Scripture to Think On

**31** but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.

Isaiah 40:31 NIV




Depression:  
It's OK to Talk  
About It

The image features a central text prompt overlaid on a complex background. The background consists of a light gray wireframe silhouette of a person sitting on the floor, surrounded by a network of interconnected lines and dots. To the left, there are abstract geometric shapes in shades of blue and gray, resembling a stylized letter 'A' or a similar structure. The overall aesthetic is modern and digital.

What are your thoughts  
about depression?

# Some Statistics

- ❖ The average age of depression onset is 32.5 years old.
  - ❖ The prevalence of adults with a major depressive episode is highest among individuals between 18 and 25.
  - ❖ 8.7% of women have depression.
  - ❖ 5.3% of men have depression.
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# What are some causes of depression?

- **Abuse.** Past physical, sexual, or emotional abuse can increase the vulnerability to clinical depression later in life.
- **Certain medications.**
- **Conflict.** Depression in someone who has the biological vulnerability to develop depression may result from personal conflicts or disputes with family members or friends.
- **Death or a loss.** Sadness or [grief](#) from the death or loss of a loved one, though natural, may increase the risk of depression.
- **Genetics.** A family history of depression may increase the risk.

# What are some causes of depression?

- **Major events.** Even good events such as starting a new job, graduating, or getting married can lead to depression. So, can moving, losing a job or income, getting divorced, or retiring. However, the syndrome of clinical depression is never just a "normal" response to stressful life events.
- **Other personal problems.** Problems such as social isolation due to other mental illnesses or being cast out of a family or social group can contribute to the risk of developing clinical depression.
- **Serious illnesses.** Sometimes depression co-exists with a major illness or may be triggered by another medical condition.
- **Substance abuse.** Nearly 30% of people with substance abuse problems also have major or clinical depression. Even if drugs or alcohol temporarily make you feel better, they ultimately will aggravate depression.

# Clinical Depression

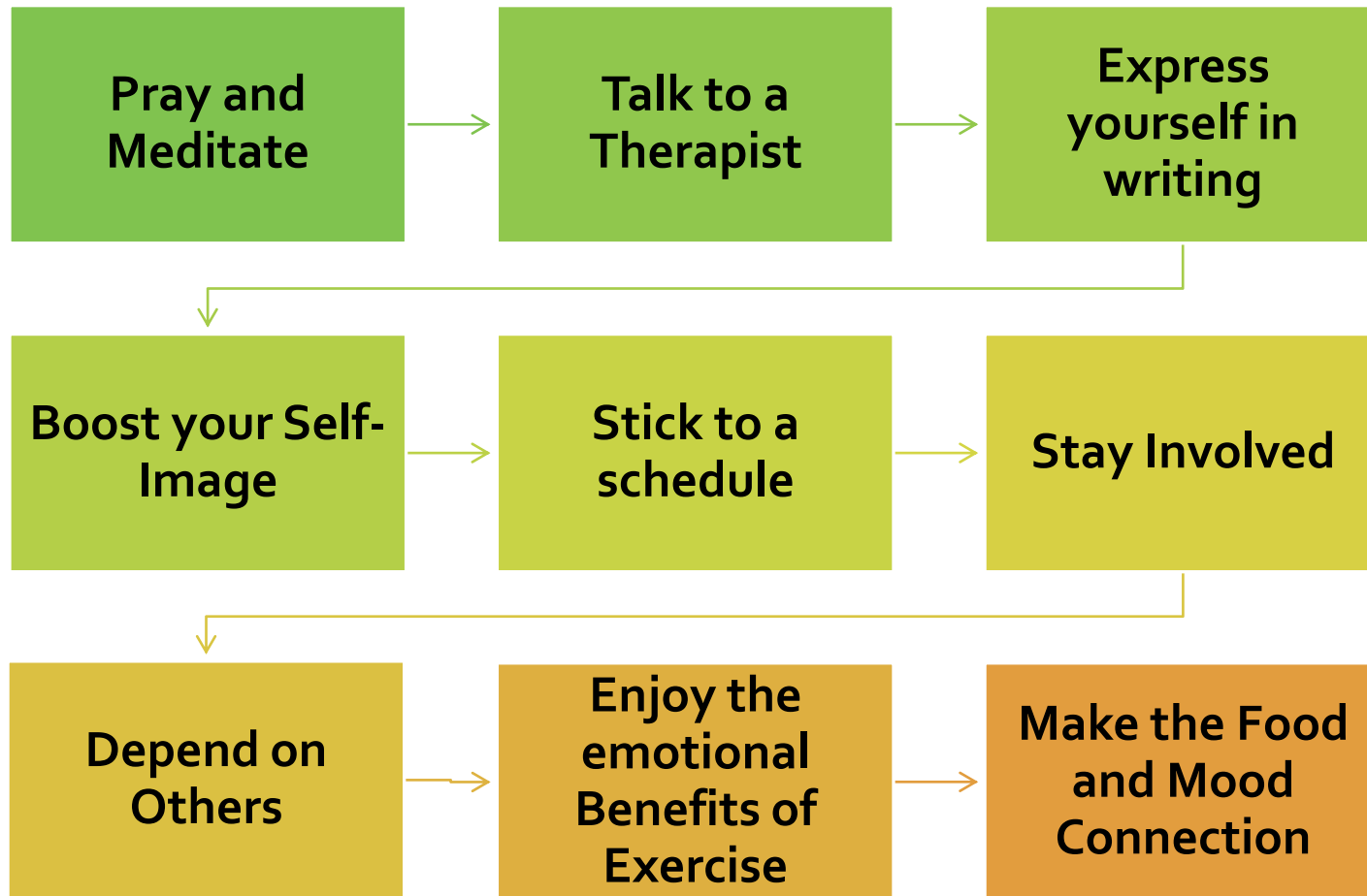
Depression exists on a scale of severity, ranging from relatively mild, brief states of low mood to severe, long term symptoms that have a major impact on a person's quality of life. When a person's symptoms have reached the chronic end of the spectrum and require professional treatment, it's typically referred to as Clinical Depression.





# Major Depression Symptoms

- ✓ Sadness, feelings of emptiness
- ✓ Loss of enjoyment of hobbies, work, other activities
- ✓ Appetite changes, weight loss or gain
- ✓ Trouble sleeping (too much or too little)
- ✓ Feeling "slowed down" or being excessively agitated
- ✓ Tiredness, fatigue, lack of energy
- ✓ Physical symptoms and pain (such as body aches, stomach upset, headaches)
- ✓ Feelings of worthlessness or guilt
- ✓ Problems with concentration or focus
- ✓ Inability to make decisions or poor decision-making
- ✓ Thinking about death or dying; planning or attempting suicide



# Ways to Cope with Depression

# Scriptures to Cope with Depression

**9** The Lord is a refuge for the oppressed, a stronghold in times of trouble.

[Psalm 9:9](#) NIV

**4** Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

[Psalm 23:4](#) NIV

**5** For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

[Psalm 30:5](#) NIV

**11** You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

[Psalm 30:11](#)

# Scriptures to Cope with Depression

**17** The righteous cry out, and the Lord hears them; he delivers them from all their troubles. **18** The Lord is close to the brokenhearted and saves those who are crushed in spirit.

[Psalm 34:17-18 NIV](#)

**2** He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

[Psalm 40:2](#)

**7** Answer me quickly, Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. **8** Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life. **9** Rescue me from my enemies, Lord, for I hide myself in you.

[Psalm 143:7-9](#)

**31** but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:31 NIV



# QUOTE

“There is hope, even when your  
brain tells you there isn’t.”

— John Green

# LET SCRIPTURE SPEAK

Psalm 42:5 KJV

<sup>5</sup> Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

# Site Page

Information retrieved from  
internet resources

