



It's Alright 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




It's Alright to talk
about it!

Depression



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.

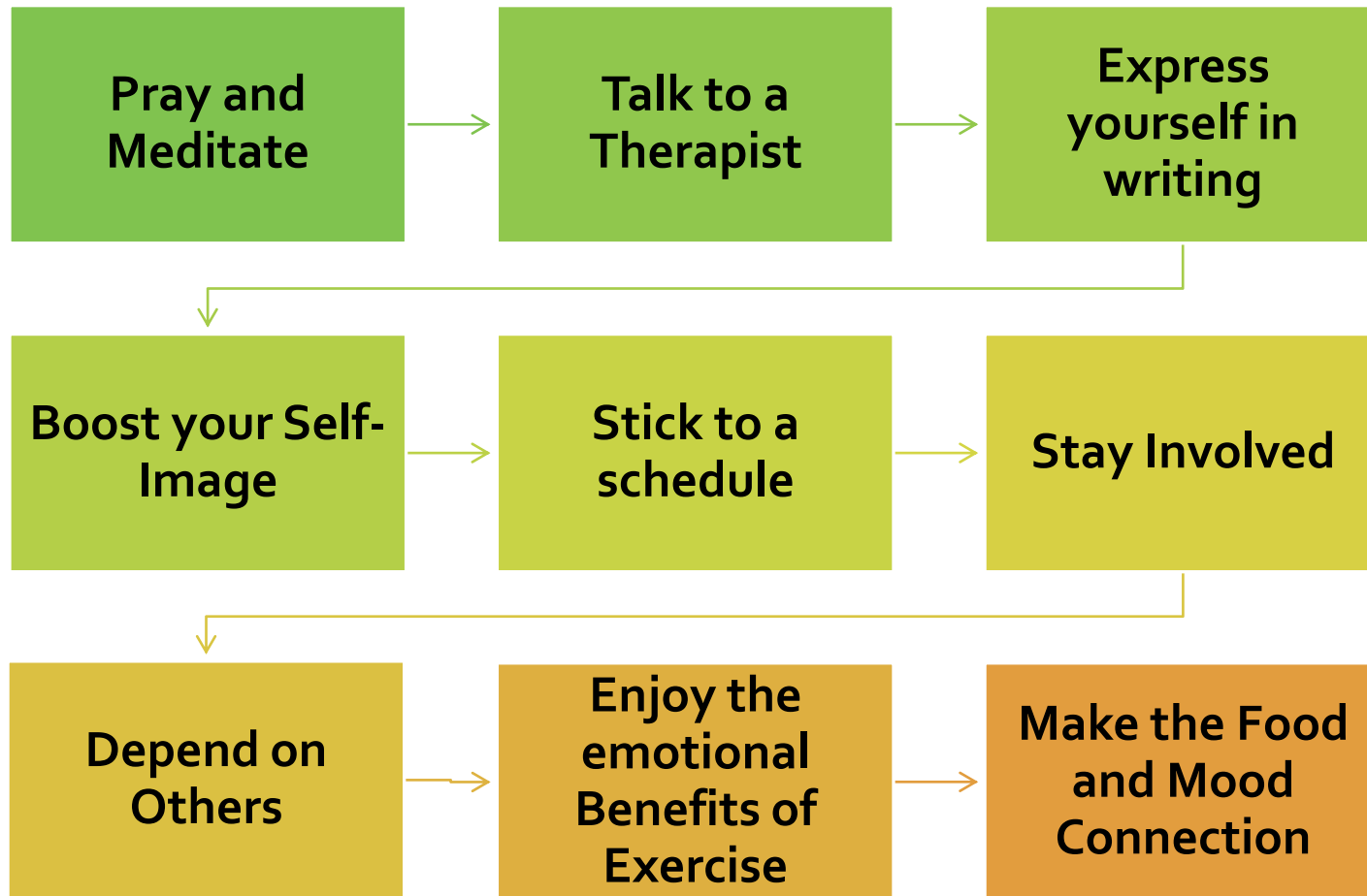
Clinical Depression

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

⁵ 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.

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