

# DEPRESSION

## Talking Points

- Understand the message of depression by listening. It's trying to tell you something. Contact your physician for best next steps.
- Recognize and learn tools to break the cycle of negative rumination that is part of depression.
- Tools to cope: Exercise, omega-3s, sunshine, social interaction, good sleep, balanced diet

## Scriptures

Jeremiah 29:11	Psalms 40:1-3
Proverbs 3:5	Philippians 4:8
Isaiah 41:10	Psalms 42:11
	Psalms 32:10

## Prayer

*Heavenly Father, Thank you for your faithfulness through history. Today I choose to recognize Your mighty power and unfailing love. I invite you into these broken spaces in my heart, trusting You to fill these voids by Your presence, words of wisdom found in the Bible, and guidance by those you have placed in my life. Thank you for walking with me through these days and promising to never leave or forsake me. Walk me towards emotional, mental, physical, and spiritual help. Let's do this together, God. In Jesus name, Amen.*

## Suggested Reading

- *What to Do When You Don't Know What to Do: Discouragement and Depression* - Dr. Henry Cloud, Dr. John Townsend
- *When Someone You Love Suffers from Depression or Mental Illness* - Cecil Murphey
- *Mind Over Mood* - Dennis Greenberger, Ph.D
- *The Depression Cure: The 6 Step Program to Beat Depression without Drugs* - Stephen Llard, Ph.D
- *Laughing Again: A Survivor's Guide to Healing Depression* - Roxanne Renee, Stephen Llard, Ph.D

## Online Resources

- [rightnowmedia.org](http://rightnowmedia.org) - [sleatherwood@vandyke.org](mailto:sleatherwood@vandyke.org) for a link to join
- [thedepressioncurebook.com](http://thedepressioncurebook.com)
- [amysimpsononline.com](http://amysimpsononline.com)

## Local Counselors

Laurel A. Slade, Counseling Services, P.A.  
813.909.4463

Life Connections Counseling Center  
Katherine McKinney, Ph.D  
Judy Weyand, M.A.  
Alan Alonso, M.A.B.C.  
Jim Reed, Ph.D  
813.265.3859 [www.lifeconnectionsonline.org](http://www.lifeconnectionsonline.org)

## Facilities

- [northtampabaybehavioralhealth.com](http://northtampabaybehavioralhealth.com)
- [sjbhealth.org](http://sjbhealth.org)
- [crisiscenter.com](http://crisiscenter.com) (Hillsborough County)

