

DEPRESSION

AWARENESS MONTH

OCTOBER 2022



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WHAT IS DEPRESSION?¹

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.



HOW DO YOU KNOW IF DEPRESSION IS WORSENING?

SEEK HELP IF:

- Symptoms are intense or unrelenting
- Inability to fulfill your daily responsibilities
- Symptoms are paired with symptoms of self-harm, suicide, and substance use

SIGNS & SYMPTOMS OF DEPRESSION³

FAMILIAR SYMPTOMS

- Sad or “empty” mood
- Tearfulness
- Loss of interest or pleasure in hobbies
- Thoughts of death or suicide

ADDITIONAL SYMPTOMS THAT MAY BE UNFAMILIAR

- Difficulty concentrating or making decisions
- Persistent physical symptoms — headaches, digestive issues, body aches—for which there is no other cause
- Feelings of hopelessness, worthlessness, guilt
- Extreme fatigue, oversleeping, or early-morning awakening
- Lack of motivation
- Weight changes: loss or gain
- Restlessness, irritability, anxiety

CAUSES⁴

In a complex world without simple answers depression is no exception. Depression does not have a single cause. It can be triggered by events or occur spontaneously.

TRAUMA

Traumatic events can cause changes in the brain, especially how people respond to fear and stress.

GENETICS

Mood disorders tend to run in families.

SOCIAL & CULTURAL

Racism, inequality and political unrest.

DRUG &

ALCOHOL MISUSE

“Self-medication” in attempts to alleviate depression symptoms. Unfortunately, alcohol can worsen depression.

LIFE

CIRCUMSTANCES

Living conditions, unstable employment and income, stressors within family system.

BRAIN CHANGES

Low levels of neurotransmitters like serotonin or norepinephrine.

DEPRESSION IN COLLEGE⁵

COLLEGE CAN BE A CATALYST FOR DEPRESSION. CONSIDER ALL THE POTENTIAL ISSUES:

- Major transition
- Loss of previous support
- Unstructured schedules
- New responsibilities
- Erratic sleep habits
- Relationship issues & breakups
- Pressure to succeed academically
- Excessive social media use
- Anxiety over finances



HOW TO HELP A FRIEND⁴

START THE CONVERSATION

"Tell me more about what's happening. Maybe if I understand better, we can find a solution together."

"It worries me to hear you talk like this. Let's talk to someone about it."

"I've noticed you're [sleeping more, eating less, etc.], I'm here if you need to talk."

OFFER SUPPORT

"I really want to help, what can I do to help you right now?"

"Would you like me to go with you to a support group or a meeting?"

"Let's sit down together and look for places to get help. I can go with you too."

BE A FRIEND

Avoid saying things like "you'll get over it," "toughen up" or "you're fine."

Learn more about mental health conditions.

Encourage your friend to get help and be willing to walk with them through this process.

WHERE IS GOD IN THIS?

A painful aspect of depression is its effect on our relationship with God. You may feel abandoned by God, struggle to sense His presence, or feel extreme doubt and confusion about your faith.

TRUTHS TO CONSIDER:

1. You are not cut off from God.

Jesus is with you (Matthew 28:20). He is well acquainted with suffering and suffers alongside of you now

2. God's love and faithfulness never depends on us.

This is the gospel! God's love never depends on our good behavior, mood, ability to minister, or capacity to pray and worship.

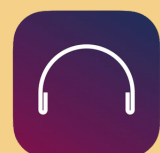
3. You are not alone.

Reach out to friends, family, and your church. Seek professional help if necessary.

RESOURCES ON DEPRESSION

APPS

PRAY AS YOU GO



"Mental health series" & "Pray as you go"

DAYLIO



Mood tracker & Private Diary - Free & Paid versions

SCRIPTURE PASSAGES

PSALM: Chapters 27, 73, 91, 121, 46, 93, 51, 103

LAMENTATIONS: Chapter 3

ISAIAH: Chapter 40:31, 41:10

MATTHEW: Chapter 11:28-30

DEPRESSION SCREENING

MENTAL HEALTH AMERICA

Awareness is the first step to preventing and coping with depression. In observance of Depression Awareness Month, scan the QR code and join millions in screening for depression. Once complete, you will receive an explanation of your results, resources, and recommended next steps.



OCD AWARENESS WEEK

OCTOBER 9-15, 2022

DEFINITION⁶

Obsessive-compulsive disorder (OCD) is often a long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions), and behaviors (compulsions) that he or she feels the urge to repeat over and over.



FACTS⁷

- OCD affects all races, genders, and ages equally
- Compulsions or rituals can be overt (like washing hands) or covert (like repeatedly saying a phrase or prayer). Rituals make a person feel better temporarily but become stronger and more frequent
- Many people experience their first symptoms of OCD during college
- Stress doesn't cause OCD, but it can trigger OCD symptoms in those who are predisposed to the disorder.

LEARN MORE

- National Institute of Mental Health: www.nimh.nih.gov
- International OCD Foundation: www.iocdf.org
- National Alliance on Mental Illness: nami.org
- DoSomething.org: www.dosomething.org
- Anxiety & Depression Assc of American (ADAA): www.adaa.org