

## Depression Information

Depression is one of the most common health conditions in the world. Depression isn't a weakness, nor is it something that you can simply "snap out of." Depression, formally called major depression, major depressive disorder or clinical depression, is a medical illness that involves the mind and body. It affects how you think and behave and can cause a variety of emotional and physical problems. You may not be able to go about your usual daily activities, and depression may make you feel as if life just isn't worth living anymore.

*Each person is uniquely created by God, so no list of symptoms fits every individual. However, here is a list of symptoms indicating possible depression.*

### **Symptoms of Depression**

- \*Feelings of sadness or emptiness
- \*Inability to experience pleasure- even from activities that you used to enjoy
- \*Feeling worthless, guilty, or hopeless
- \*Isolating from others
- \*Physical ailments
- \*Fatigue
- \*Lack of motivation
- \*Irritability
- \*Indecisiveness
- \*Difficulty concentrating
- \*Changes in sleeping and/or eating habits
- \*Suicidal thoughts, feelings, or behaviors

### **Resources**

Mentalhealthamerica.net (Free depression screening and information)

AACC.net (Help finding a Christian counselor and resources)

Christiantherapist.com (Help finding a Christian counselor)

[NCCA.org](http://NCCA.org) (Help finding a Christian counselor and resources)

[Depressedtest.com](http://Depressedtest.com) (Free depression screening and information)