



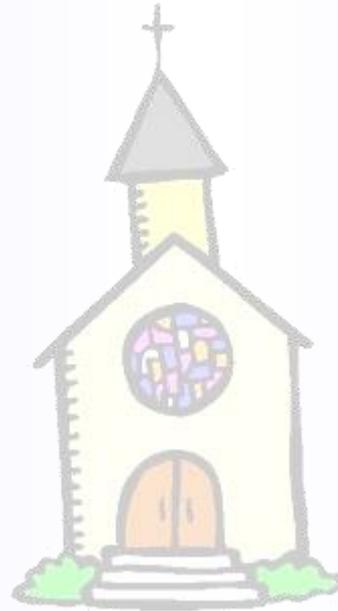
# Dealing with Depression



*Dr. Andrew Collins*



**Is it a big problem?**



# What it's not

'Elijah' depression

'Ahab' depression

'Eeyore' depression



# Physical symptoms

Sleep disturbance

Loss of appetite

Loss of energy

Poor concentration

Other physical  
symptoms



# Change in behaviour

Stop doing things

Become withdrawn

Neglect themselves

Self harm



# Emotional symptoms

Low mood

Anxiety

Irritability

Loss of enjoyment

Apathy



# Altered thinking

## Preoccupation about...

...oneself

Worthless

Lacking purpose

...the past

Guilt

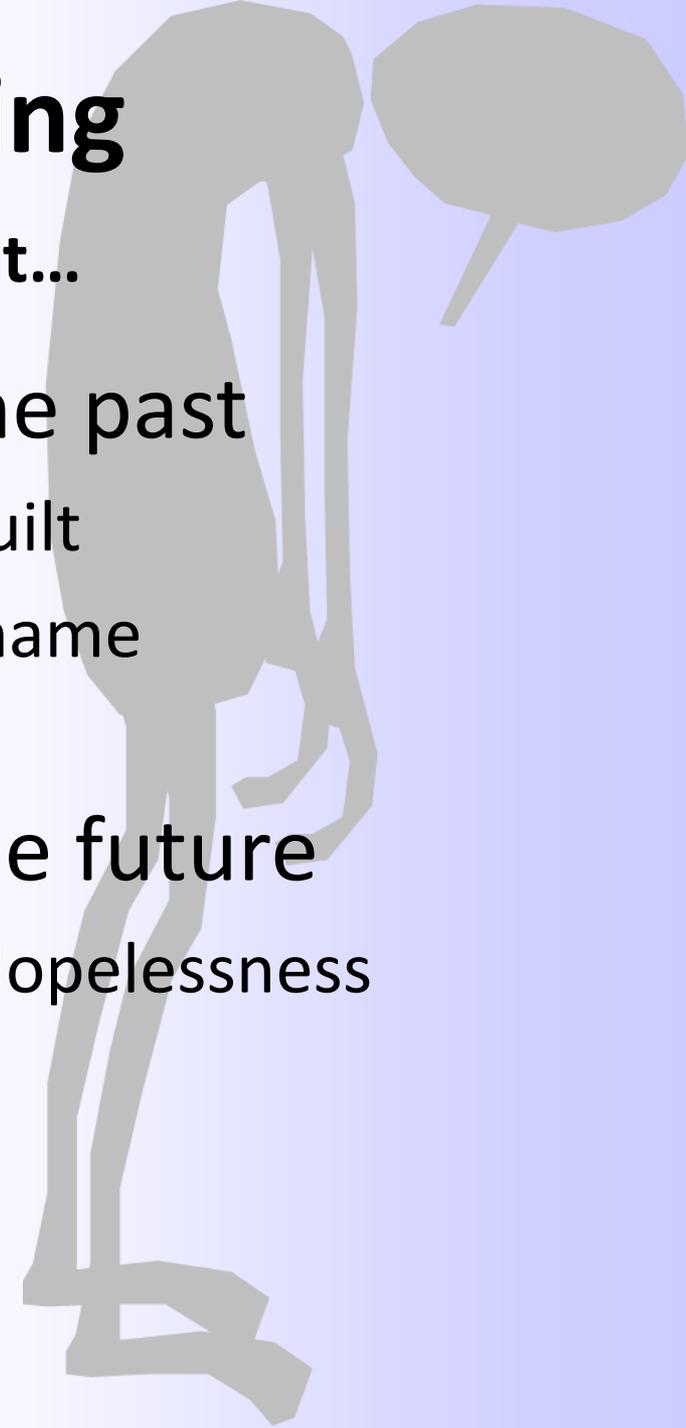
Shame

...the world

People/events against  
them

...the future

Hopelessness



# Spiritual effects

Affects sense of fellowship with God

Withdraw from fellowship of God's people

Excessive guilt

Can affect sense of joy and peace

Difficulty praying/reading Bible/worship

Lack of assurance



# Also appears with...

Psychotic depression

Bipolar mood disorder

OCD

Anxiety disorders

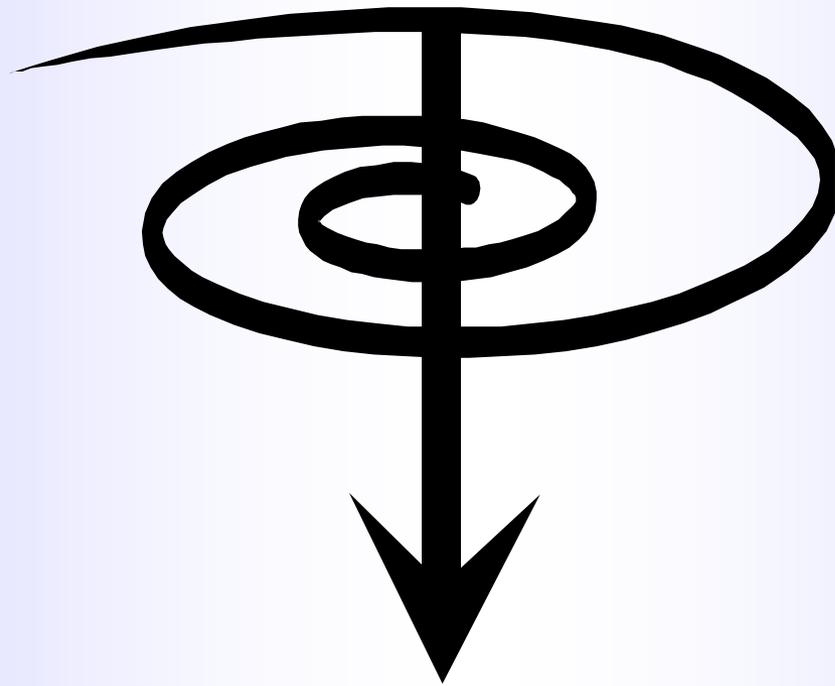
Alcohol/drug misuse

Schizophrenia



# How it develops

## The Spiral of Depression



# What causes depression?

## Things happen...

Life events esp. loss

Relationships

Social environment

Early experiences

Physical illness



# What causes depression?

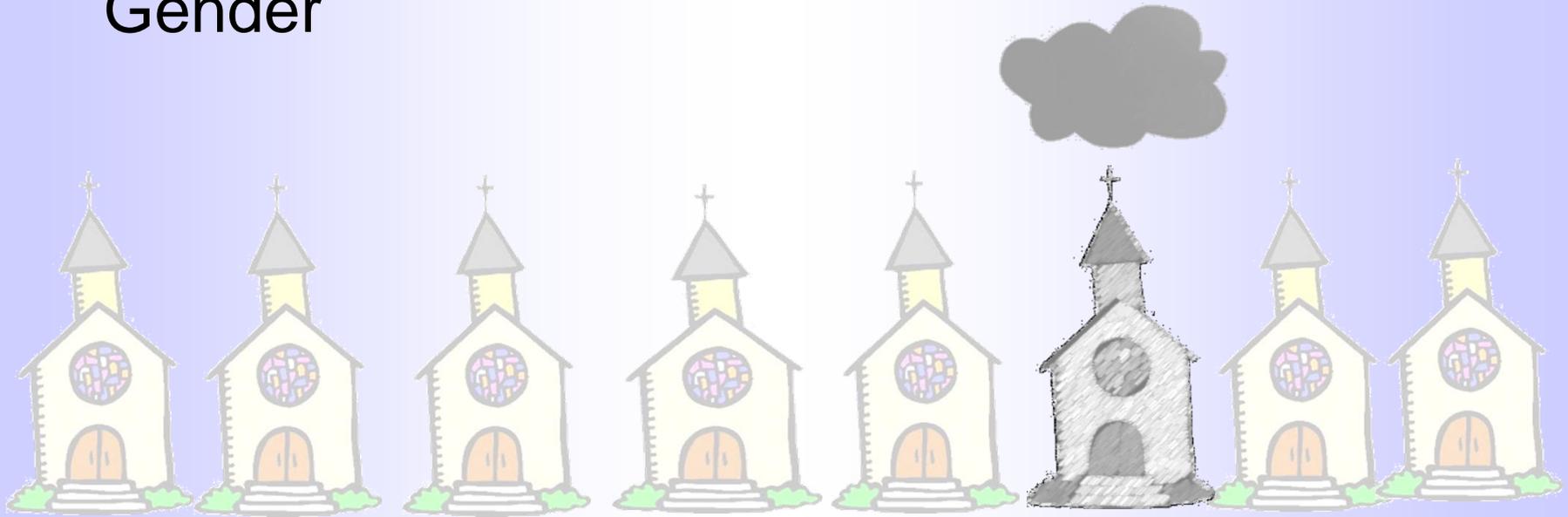
Things happen...

Is it me?

Family history (genetic)

Personality

Gender



# What causes depression?

**Things happen...**

**Is it me?**

**Is it something I'm taking?**

Alcohol/drugs

Medication



# What causes depression?

Things happen...

Is it me?

Is it something I took?

Could it be anything else?

Previous history

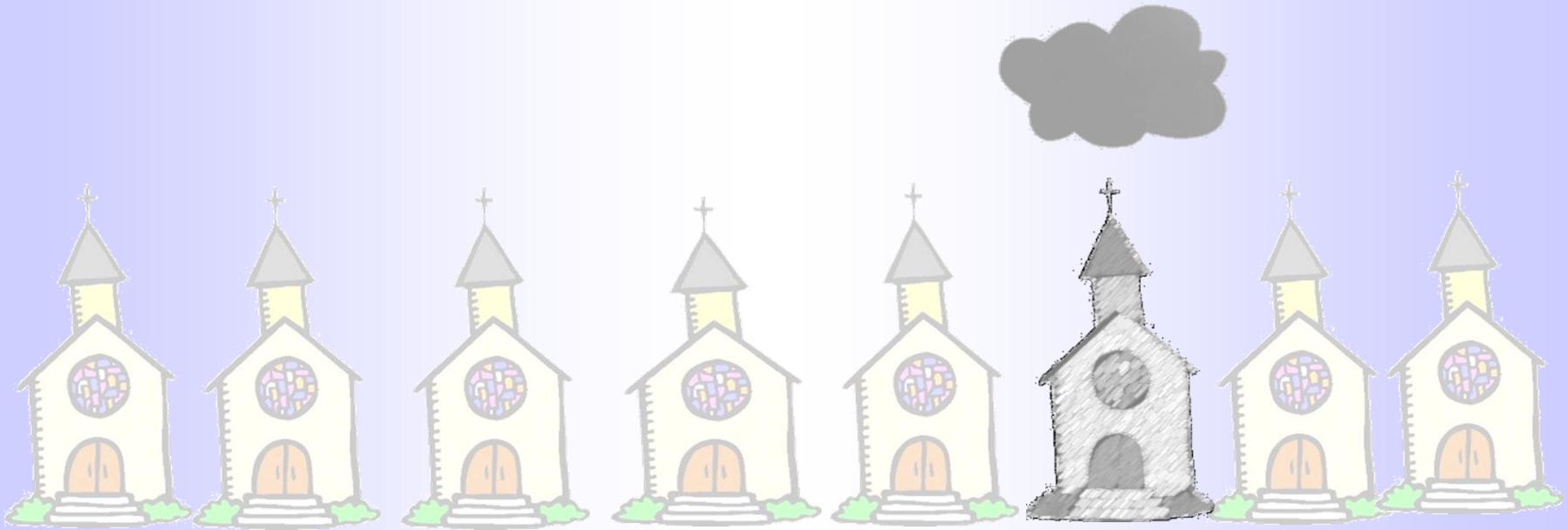
Endogenous



# People often ask...

**Is it a chemical imbalance?**

**Does sin cause depression?**

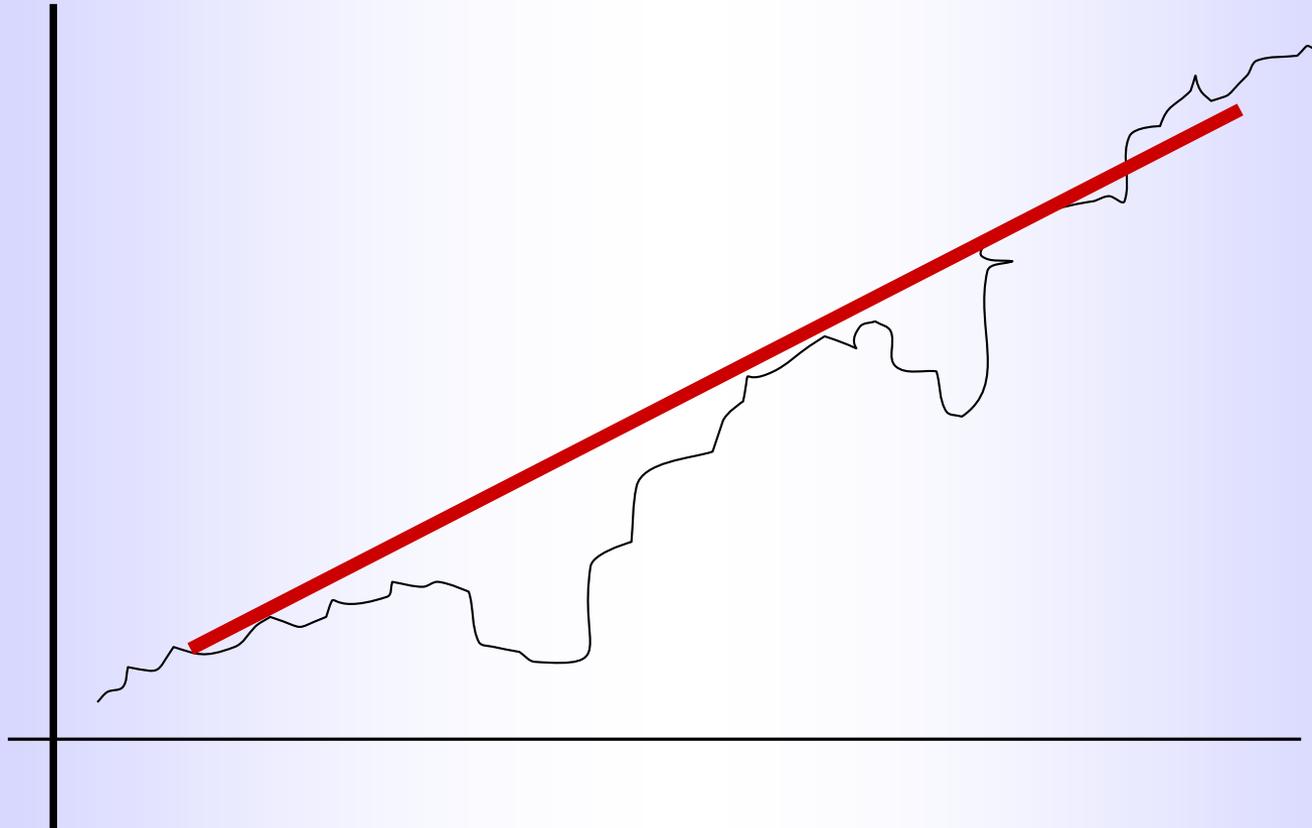


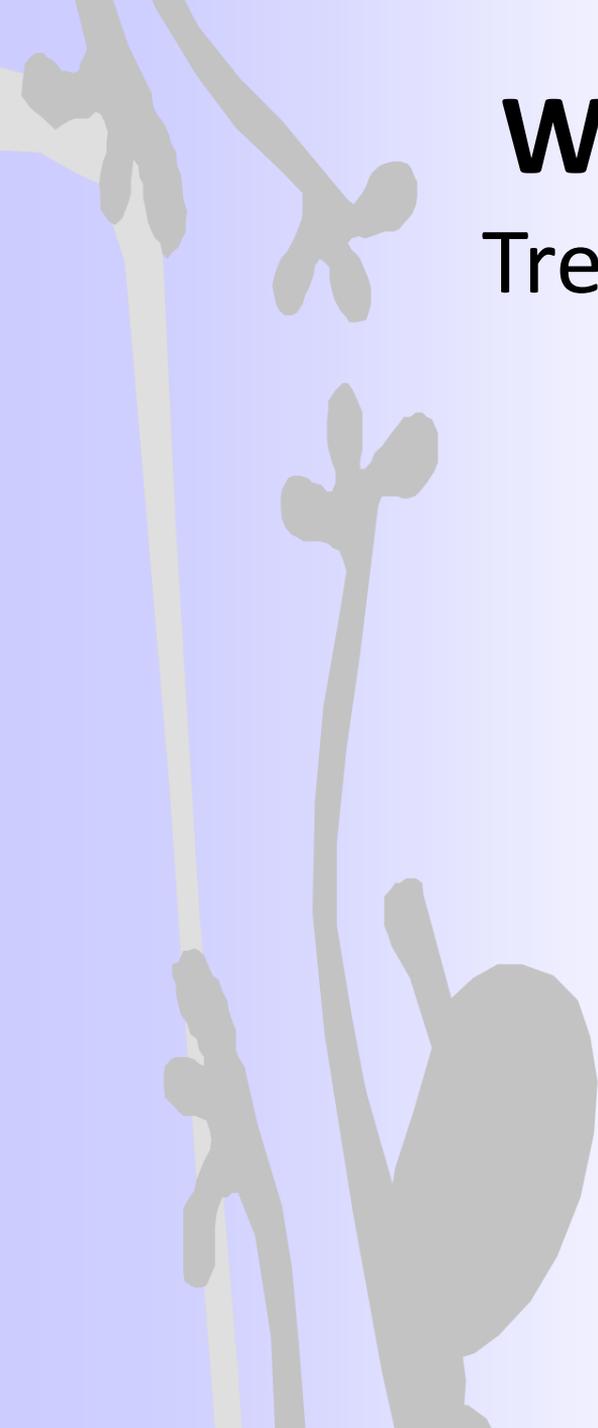
A stylized, light-colored silhouette of a person climbing a rope or branch against a light blue background. The person is positioned on the right side, reaching up with their right hand to grasp a horizontal branch. Their left hand is on a vertical rope or branch that extends from the top left towards the center. The person's body is angled upwards, and their legs are also visible, suggesting a climbing or reaching posture. The background is a soft, light blue gradient.

# **What do I do next?**

## Treatment of Depression

# The Course of Recovery



A stylized, light-colored illustration of a plant with several stems and leaves, positioned on the left side of the slide. The stems are thin and vertical, with some branching out. The leaves are simple, rounded shapes. The overall style is minimalist and modern.

# What do I do next?

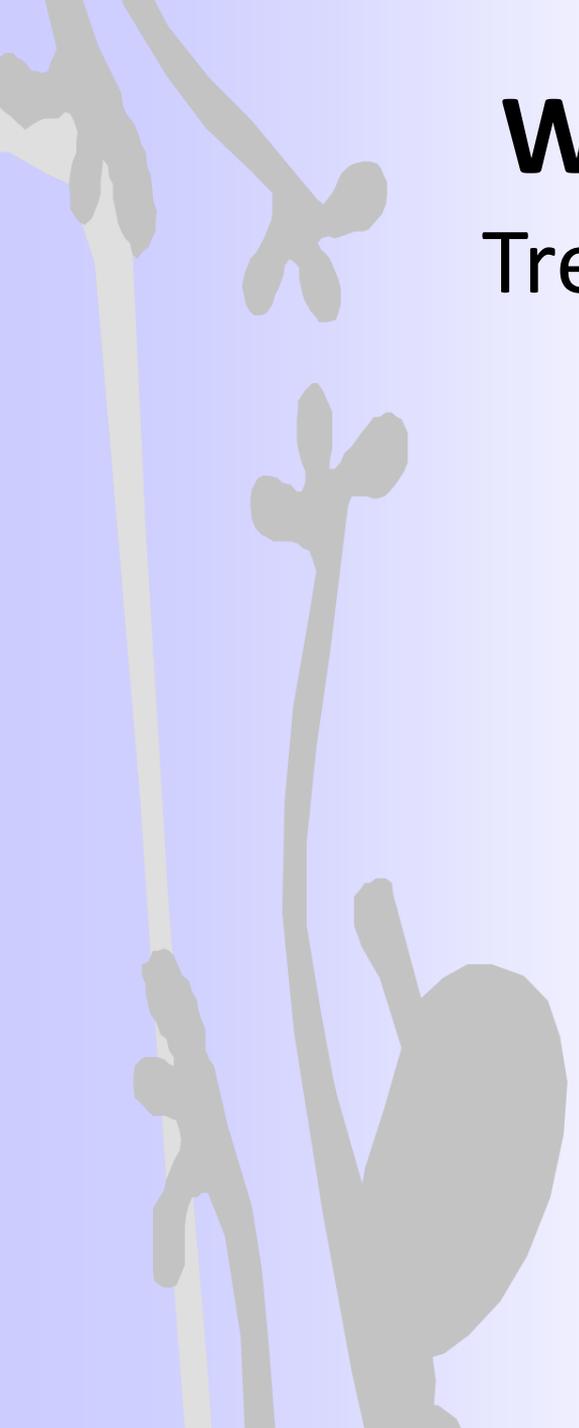
## Treatment of Depression

**Gain an understanding**

Be informed

Listen

Fellowship

A stylized, light-colored illustration of a plant with several stems and leaves, positioned on the left side of the slide. The stems are thin and vertical, with some branching out. The leaves are simple, rounded shapes. The overall style is minimalist and decorative.

# **What do I do next?**

## Treatment of Depression

**Gain an understanding**

**Visit doctor**

Physical causes

Medication

# Medication for depression

Different types

How do they work?

How long do they take to work?

Do they have side-effects?

Will I be able to stop them?

Do they help?

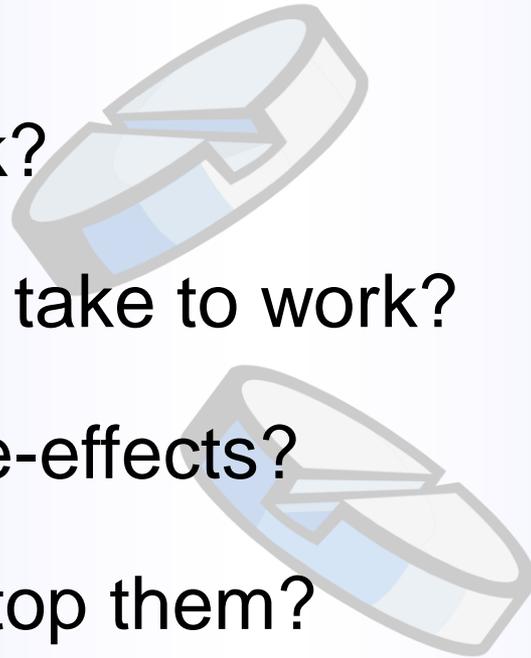
SSRIs

Tricyclics

MAOIs

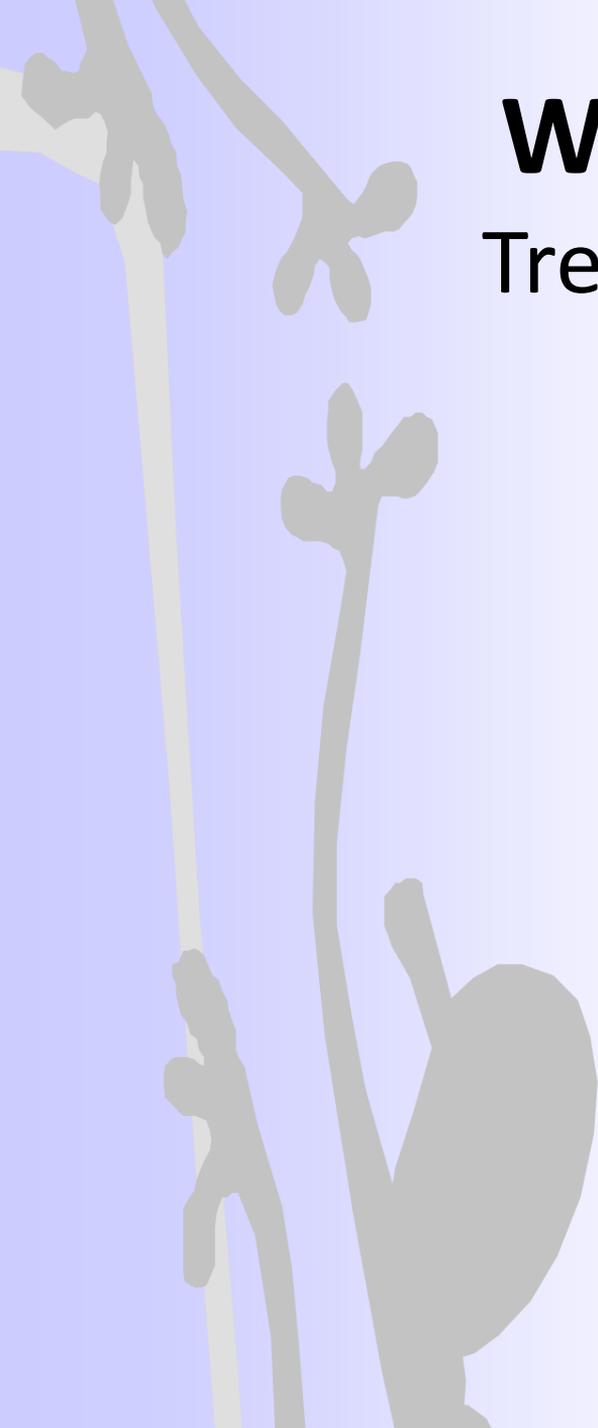
Lithium

Others



# Electroconvulsive therapy



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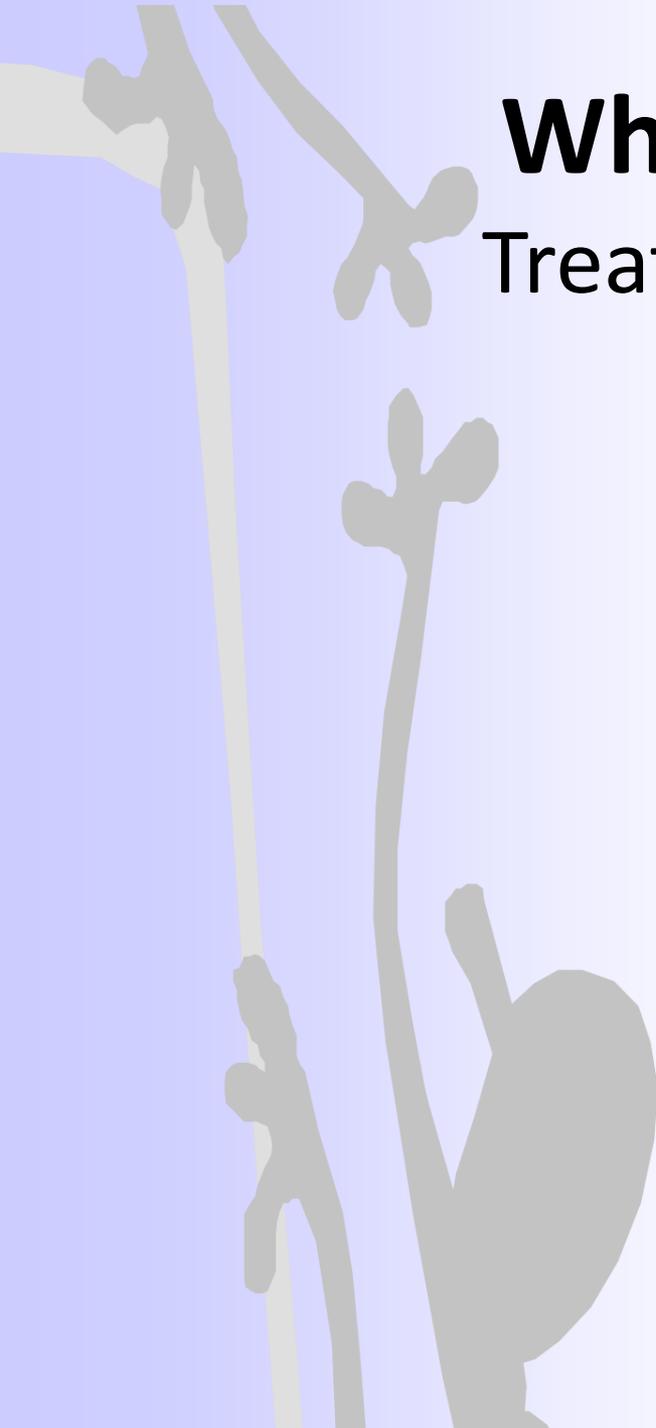
# **What do I do next?**

## Treatment of Depression

**Gain an understanding**

**Visit doctor**

**Focus on problem areas**

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# What do I do next?

## Treatment of Depression

**Gain an understanding**

**Visit doctor**

**Focus on problem areas**

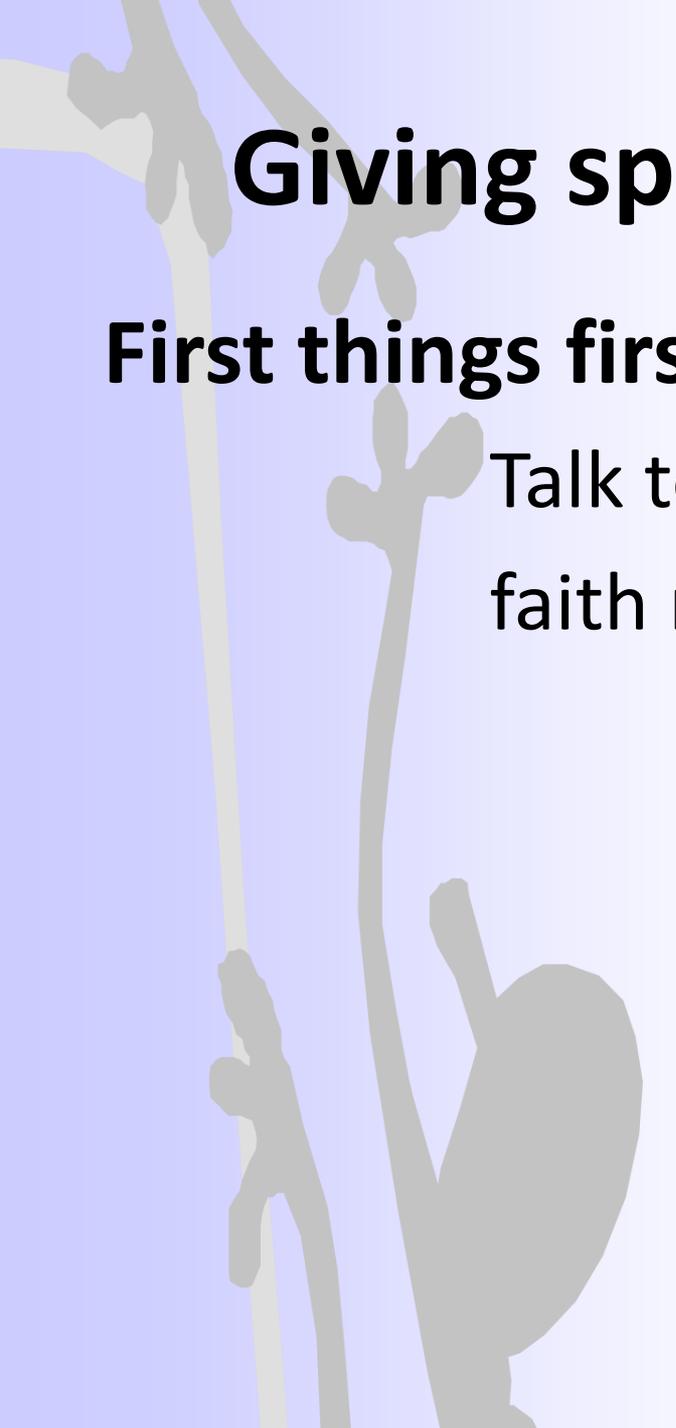
**Look at lifestyle**

structure

activity

body

safety

A stylized, light-colored graphic of a tree branch with several small, rounded leaves or buds, extending from the top left towards the center of the slide.

# Giving spiritual encouragement (I)

**First things first...**

Talk to yourself!

faith not a feeling

# Giving spiritual encouragement (II)

## What do I do with wrong feelings?

Pursue joy and peace

Face fear with trust

Bring anger to the Judge

Measure failure and shame by God's  
standard

Guilt has had its sentence served

# **Giving spiritual encouragement (III)**

## **Speak truth to wrong thoughts**

See God's purpose

Esteem God and others

Hope in God

# Giving spiritual encouragement (IV)

## Courage for the battle

encourage endurance

fighting the good fight

# What do I do next?

## Treatment of Depression

**Gain an understanding**

**Visit doctor**

**Focus on problem areas**

**Look at lifestyle**

**Give spiritual encouragement**

**Speak truth in love**

keep it simple

use Scripture

use it with love

