

Dare To Hope – A Series on Mental Health

Week 2: Depression

Depression Symptoms

- Sleeping too much or too little
- Feelings of hopelessness (“Things will never get better”)
- Irritability – grouchy or snappy all the time
- Feelings of worthlessness, emptiness, or excessive guilt
- Feelings of sadness, which can include crying spells for no apparent reason
- Loss of appetite
- Loss of interest or pleasure in usual activities
- Statements like: “It would be better if I wasn't here”
- Isolation – no desire to be around others for any reason
- Fixation on past failures or exaggerated self-blame or self-criticism
- Difficulty thinking, concentrating, making decisions and remembering things

Resources

- View a list of available resources (videos, sermons, articles, etc.) via the Resource Center on Grace Church's website:
 - <http://gracechurch.us/resources/resource-center/>
- Counselor Recommendations (for teens struggling with anxiety & depression):
 - Kerrie Siegl- 317-459-5221
 - Christy Falink- 317-843-9922
 - Bethany Hart- 317-537-7906
 - Curtis Trent- 317-585-1060
- Schedule a Care Appointment
 - We want to connect with you personally and believe it can be the most effective way to show compassion and ignite transformation. Care appointments allow you to meet with a Care Ministry Team Member for prayer, encouragement, and resource recommendations. Contact the Associate Pastor of Student Ministries at your campus to schedule an appointment.