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Depression (Fact Sheet reviewed April 2016)

Key Facts:

- Depression is a common mental disorder...an estimated 350 mil people.
- Leading cause of disability worldwide.
- At its worst, depression can lead to suicide.
- There are effective treatments for depression.

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Kids of pushy parents 'face higher risk of depression': NUS study



Prof Hong, head of the NUS study, says that when parents are "intrusive", the child may believe what he does is not good enough and, over time, it "increases the risk of the child developing symptoms of depression". ST PHOTO: MARK CHEONG

PUBLISHED JUN 22, 2016, 5:00 AM SGT

1,684

NUS study finds these children are much more likely to develop anxiety symptoms

Prof Hong, head of the NUS study, says that when parents are "intrusive", the child may believe what he does is not good enough and, over time, it "increases the risk of the child developing symptoms of depression". ST PHOTO: MARK CHEONG

What is depression?

Medical Definition

- It is a **Bio-Chemical Disorder; 35% Genetic & 65% Environmental factors.**
- It is a **"common cold" of mental health problem.**

How People Treat Mental Illness Vs. How They Treat Physical Illness

(posted on NCSS FB in June)

1. Physical Illness:

Mental Illness:



How People Treat Mental Illness Vs. How They Treat Physical Illness

(posted on NCSS FB in June)

6. Physical Illness:

Mental Illness:



How People Treat Mental Illness Vs. How They Treat Physical Illness

(posted on NCSS FB in June)

7. Physical Illness:

Mental Illness:

I FINALLY
FEEL LIKE
I'M MAKING
PROGRESS AND
GETTING
BETTER.



I'M SO GLAD
ALL THE
TREATMENT
HAS BEEN
WORKING.

I FINALLY
FEEL LIKE
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PROGRESS AND
GETTING
BETTER.



I'M SO GLAD
YOU'RE
LOOKING
ON THE
BRIGHT SIDE
AGAIN!

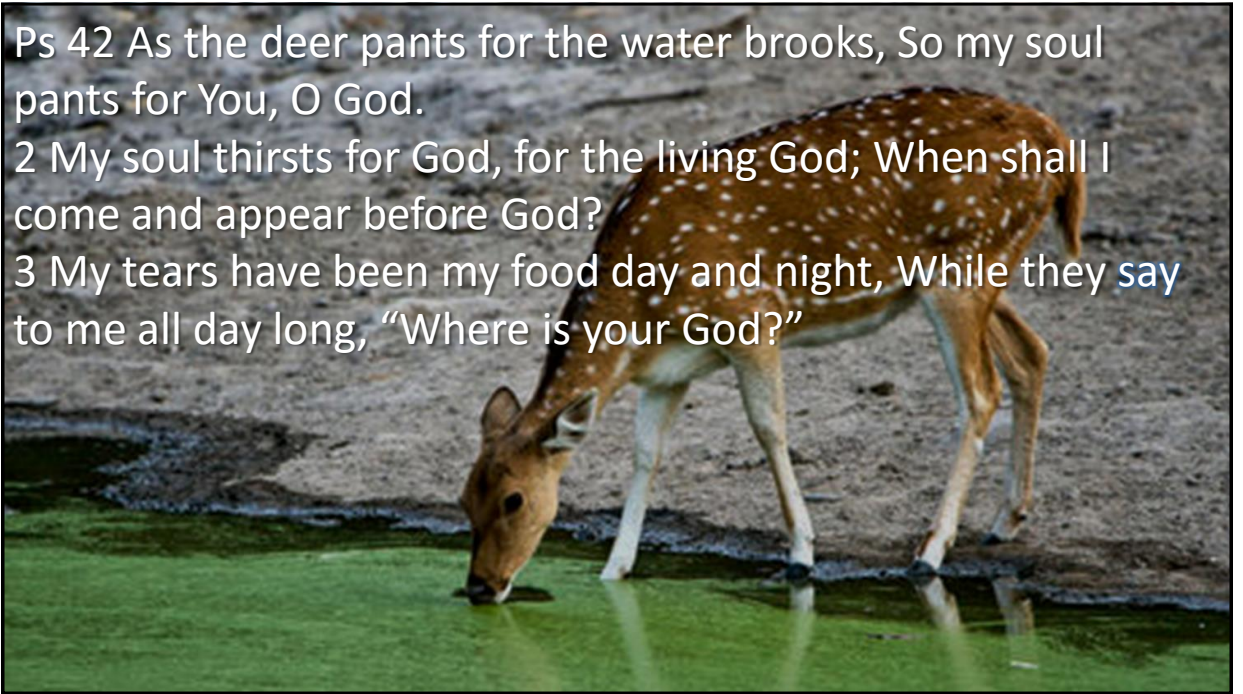
Psalm 42



Ps 42 As the deer pants for the water brooks, So my soul pants for You, O God.

2 My soul thirsts for God, for the living God; When shall I come and appear before God?

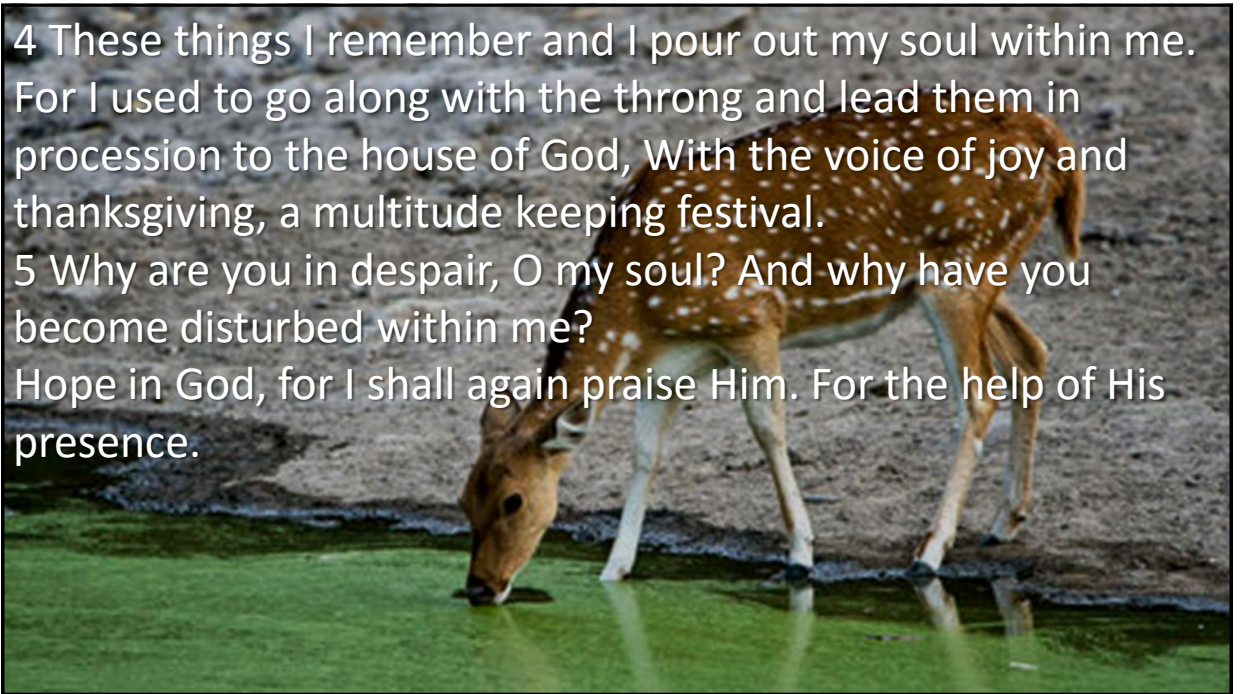
3 My tears have been my food day and night, While they say to me all day long, "Where is your God?"



4 These things I remember and I pour out my soul within me. For I used to go along with the throng and lead them in procession to the house of God, With the voice of joy and thanksgiving, a multitude keeping festival.

5 Why are you in despair, O my soul? And why have you become disturbed within me?

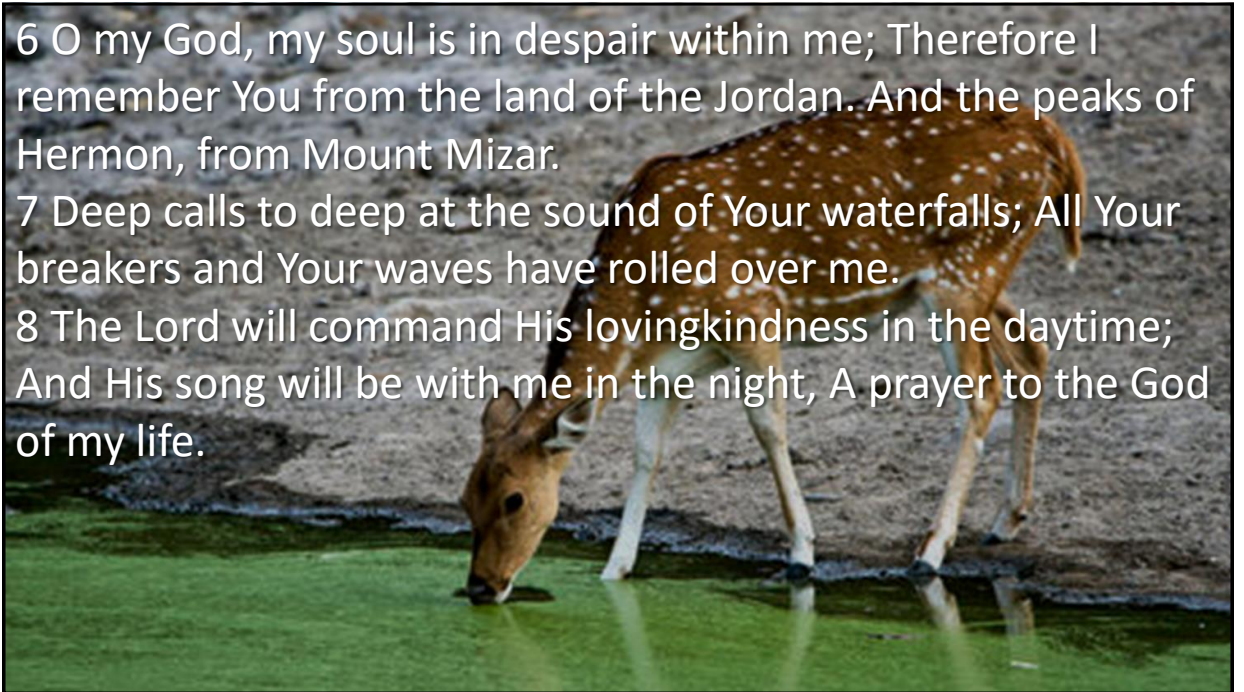
Hope in God, for I shall again praise Him. For the help of His presence.



6 O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan. And the peaks of Hermon, from Mount Mizar.

7 Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me.

8 The Lord will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life.

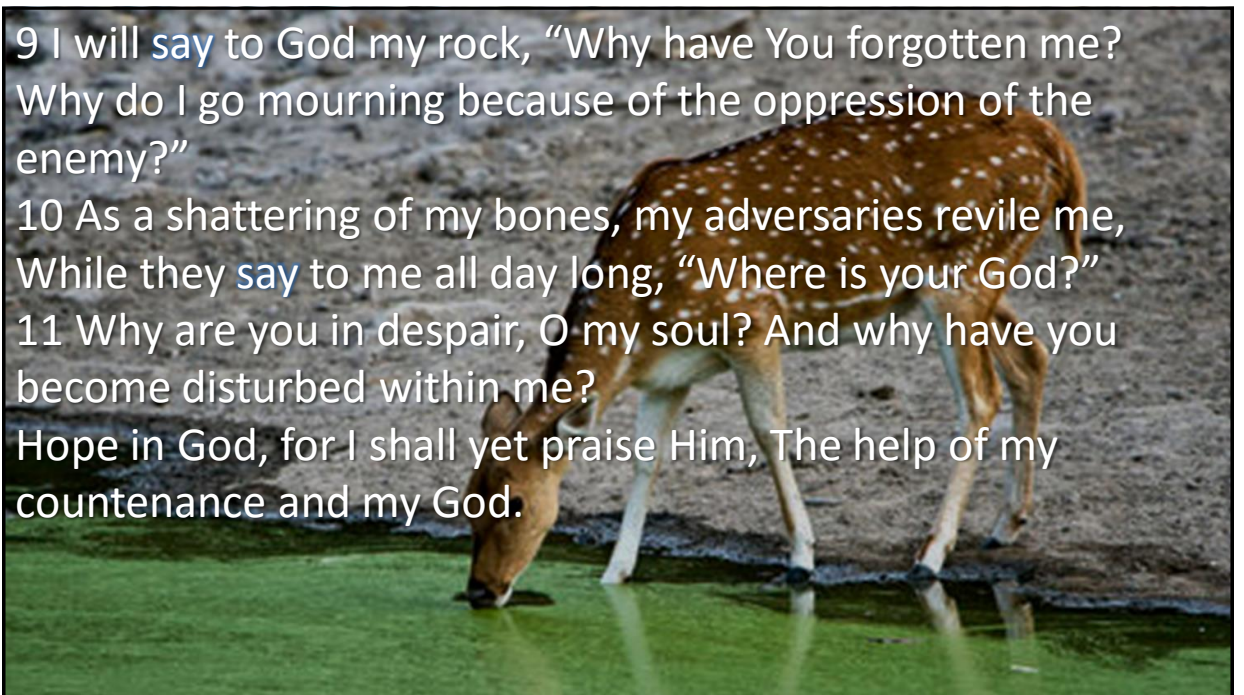


9 I will say to God my rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?"

10 As a shattering of my bones, my adversaries revile me, While they say to me all day long, "Where is your God?"

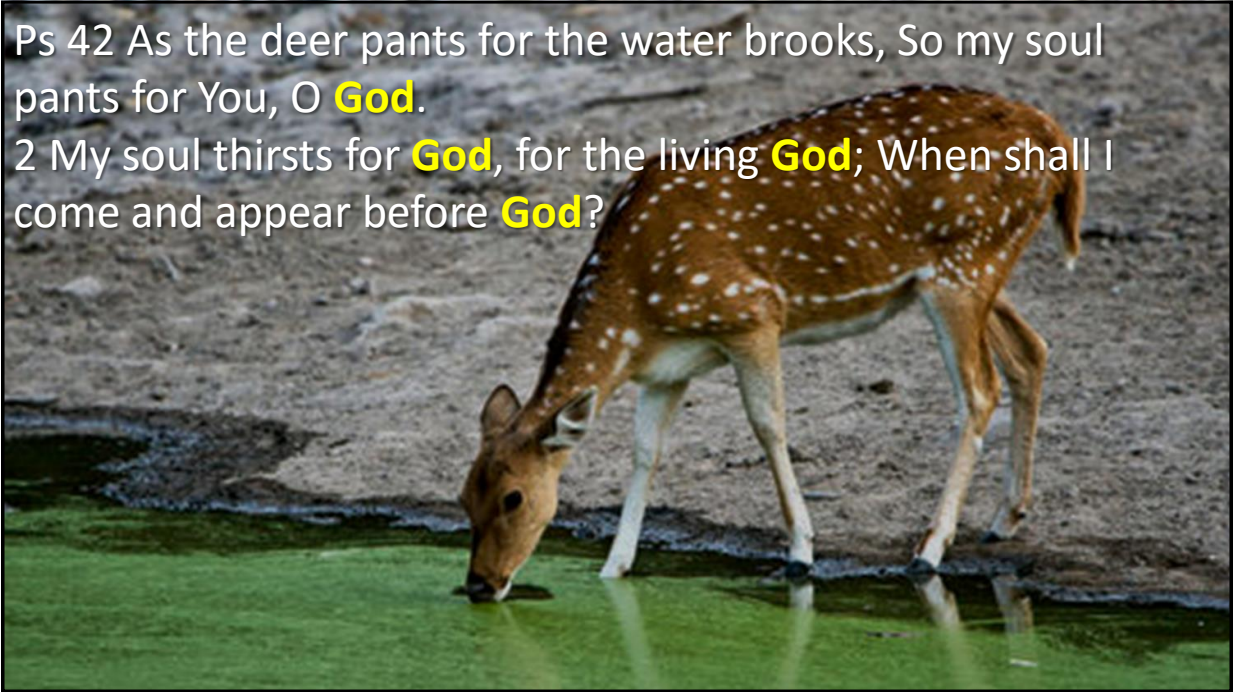
11 Why are you in despair, O my soul? And why have you become disturbed within me?

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Ps 42 As the deer pants for the water brooks, So my soul pants for You, O **God**.

2 My soul thirsts for **God**, for the living **God**; When shall I come and appear before **God**?



3 My tears have been my food day and night,
While they say to me all day long, "Where is your God?"



**3 My tears have been my food day and night,
5 My Soul is in despair & disturbed
7 I am overwhelmed by challenges
9 I am feeling abandoned
10 Shattering of bones// body in pain**



What is depression like?

- As if the world is veiled
- Can't see anything positive
- Walking through dark tunnel, no light in sight
- Find that others can't seem to understand what you are going through
- Can't go on anymore, feel like giving up
- Hopeless, helpless

Diagnostic Criteria of Depression

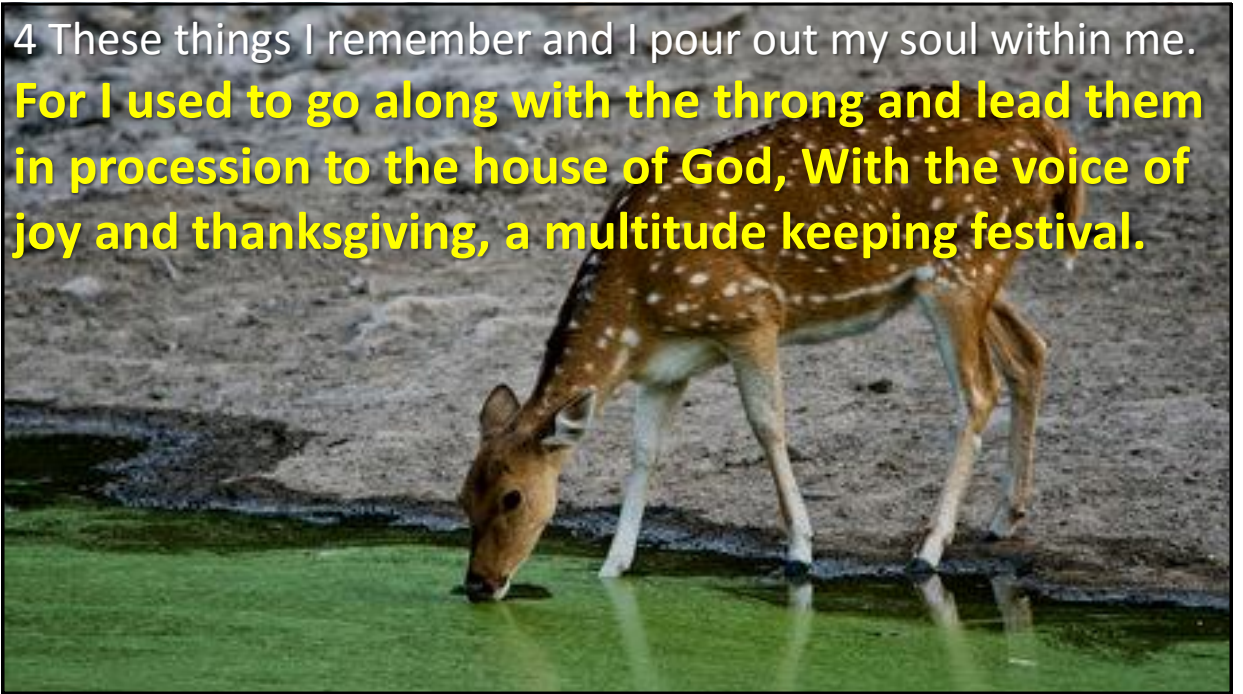
- Low mood most times of the day (> 2 weeks)
- Decreased interest or pleasure
- Changes in Appetite & weight
- Insomnia/hypersomnia
- Agitation or motor retardation
- Fatigue or loss of energy
- Feelings of worthlessness or excessive guilt
- Decreased concentration/ indecisiveness
- Recurrent Suicidal ideas

Diagnostic and Statistical Manual of Mental Disorder (DSM IV)

3 My tears have been my food day and night,
While they say to me all day long, "Where is
your God?"

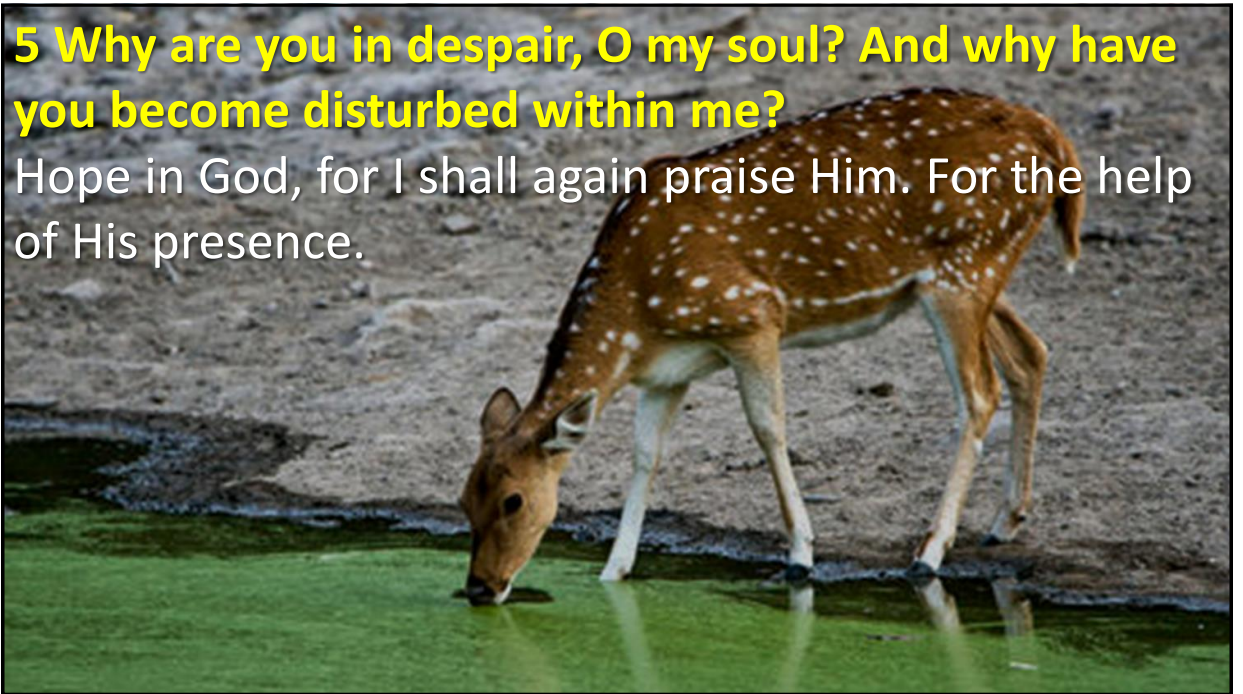


4 These things I remember and I pour out my soul within me.
**For I used to go along with the throng and lead them
in procession to the house of God, With the voice of
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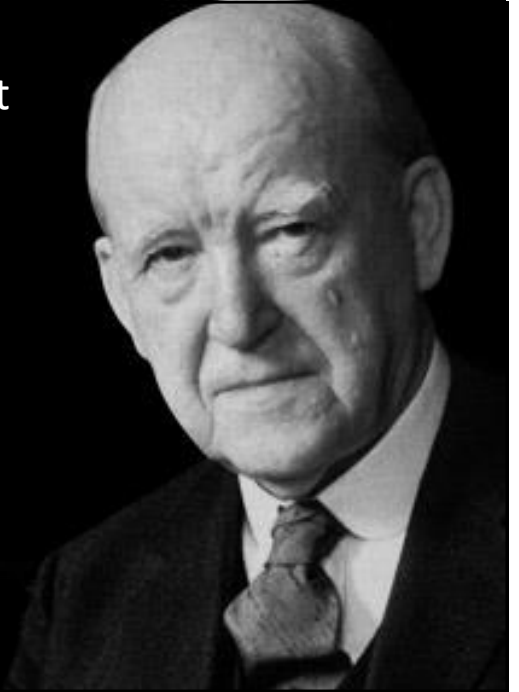


**5 Why are you in despair, O my soul? And why have
you become disturbed within me?**

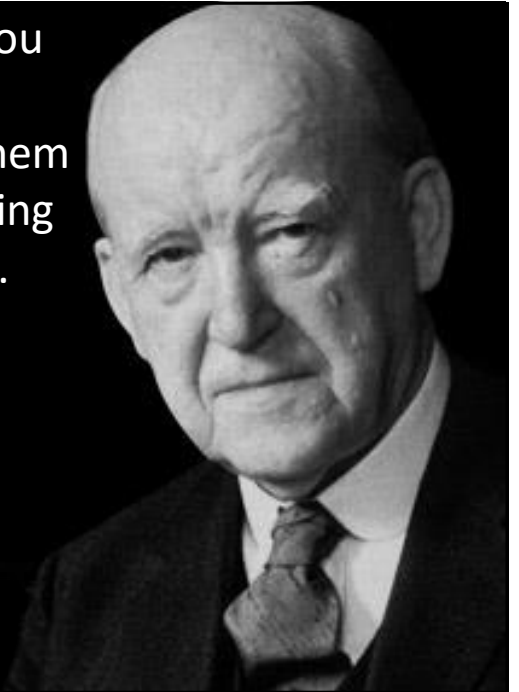
Hope in God, for I shall again praise Him. For the help
of His presence.



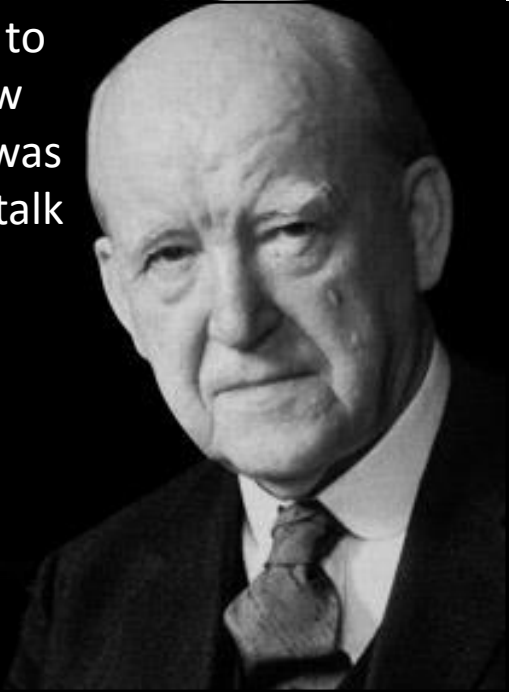
Have you realized that most of your unhappiness in life is due to the fact that you are **listening to yourself** instead of **talking to yourself**?



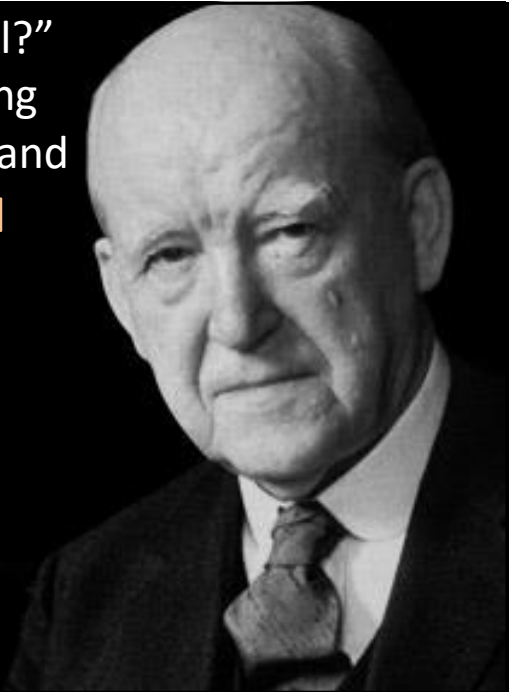
Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but **they are talking to you**, they bring back the problems of yesterday, etc.



Somebody is talking. Who is talking to you? **Your self is talking to you.** Now this man's treatment [in Psalm 42] was this: instead of allowing this self to talk to him, he **starts talking to himself.**



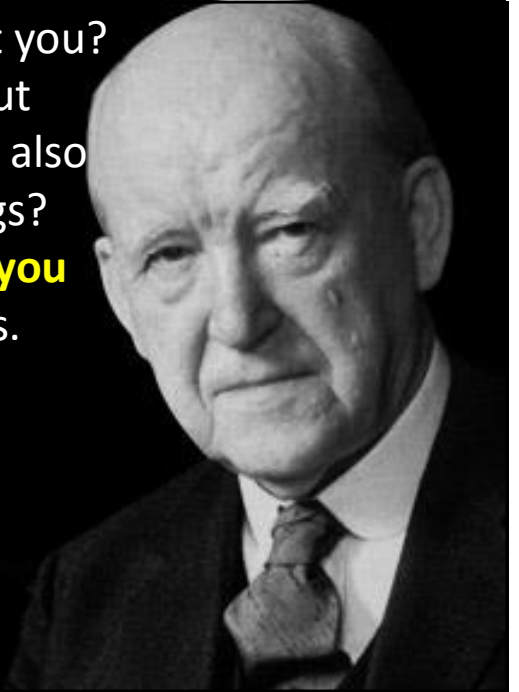
“Why art thou cast down, O my soul?” he asks. His soul had been depressing him, crushing him. So he stands up and says,: **“Self, listen for moment, I will speak to you.”**
(Spiritual Depression, 20-21)



If God is for you, who can be against you?

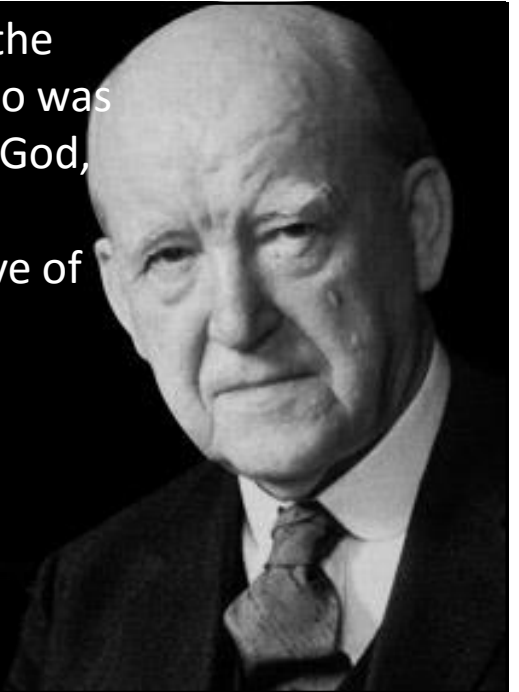
He who did not spare his own Son but gave him up for you, how will he not also with him graciously give you all things?

Who shall bring any charge against you as God's elect? It is God who justifies.



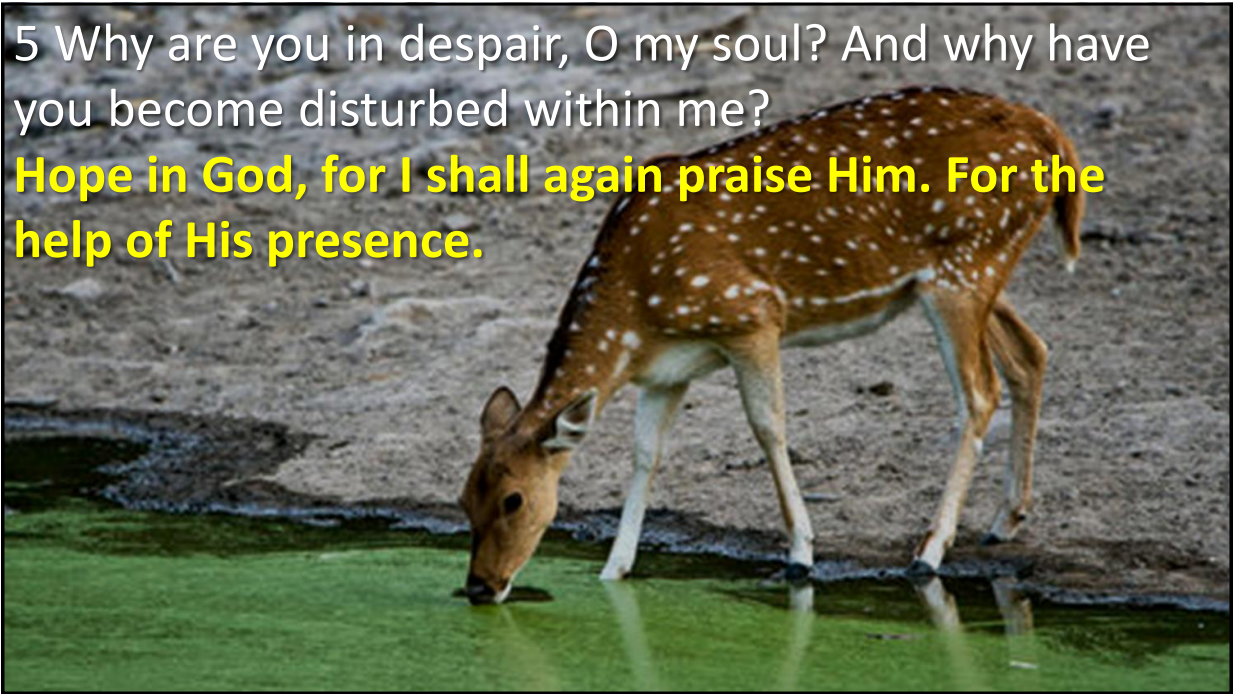
Who is to condemn? Christ Jesus is the one who died — more than that, who was raised — who is at the right hand of God, who indeed is interceding for you.

Who shall separate you from the love of Christ? NO ONE. (Romans 8:31–35 paraphrased)

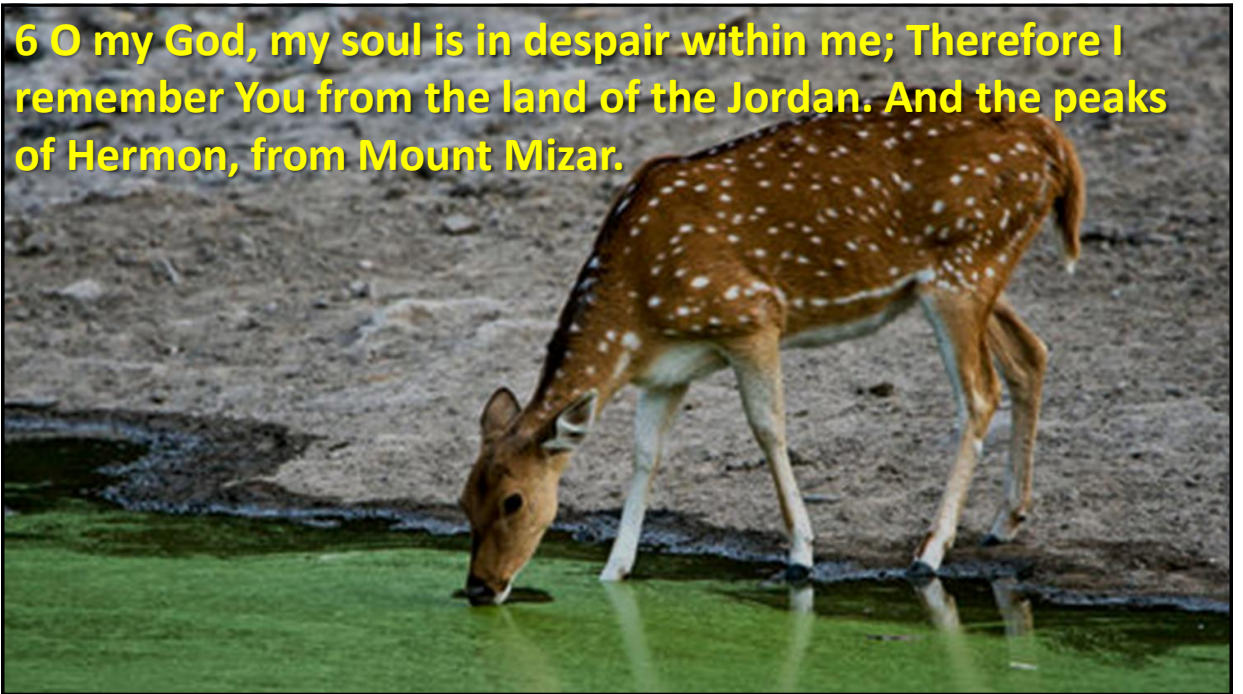


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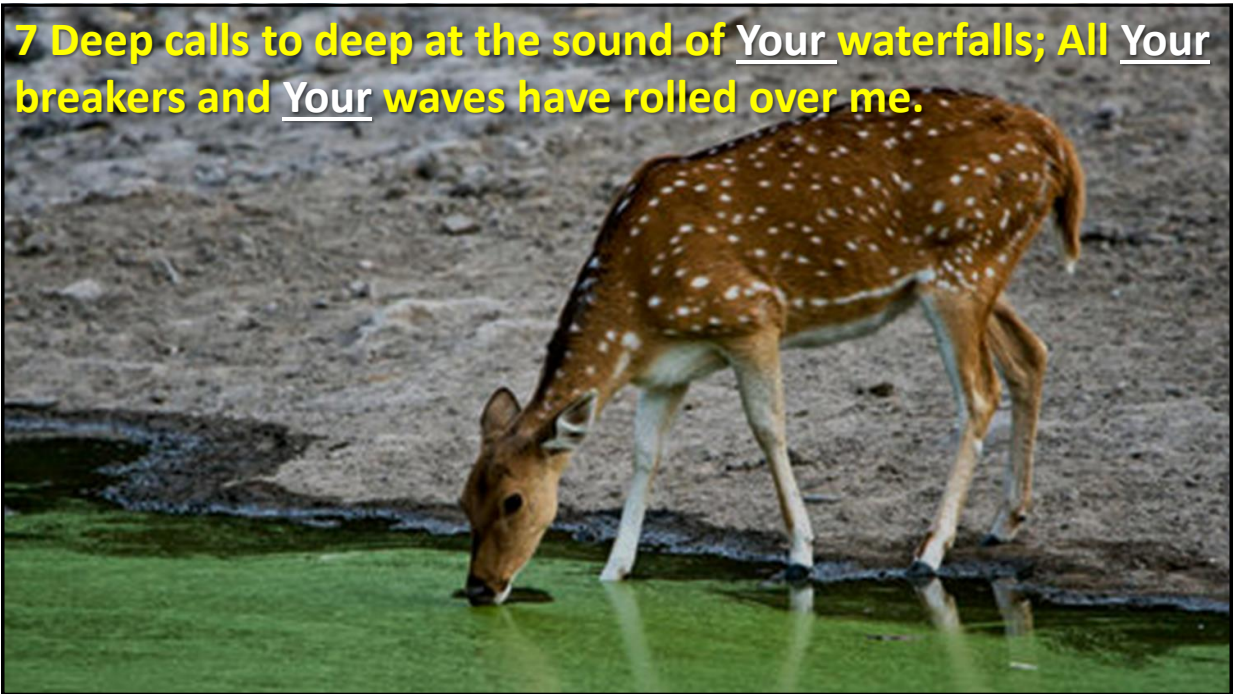


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7 Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me.



8 The Lord will command His lovingkindness in the daytime;
And His song will be with me in the night, A prayer to the
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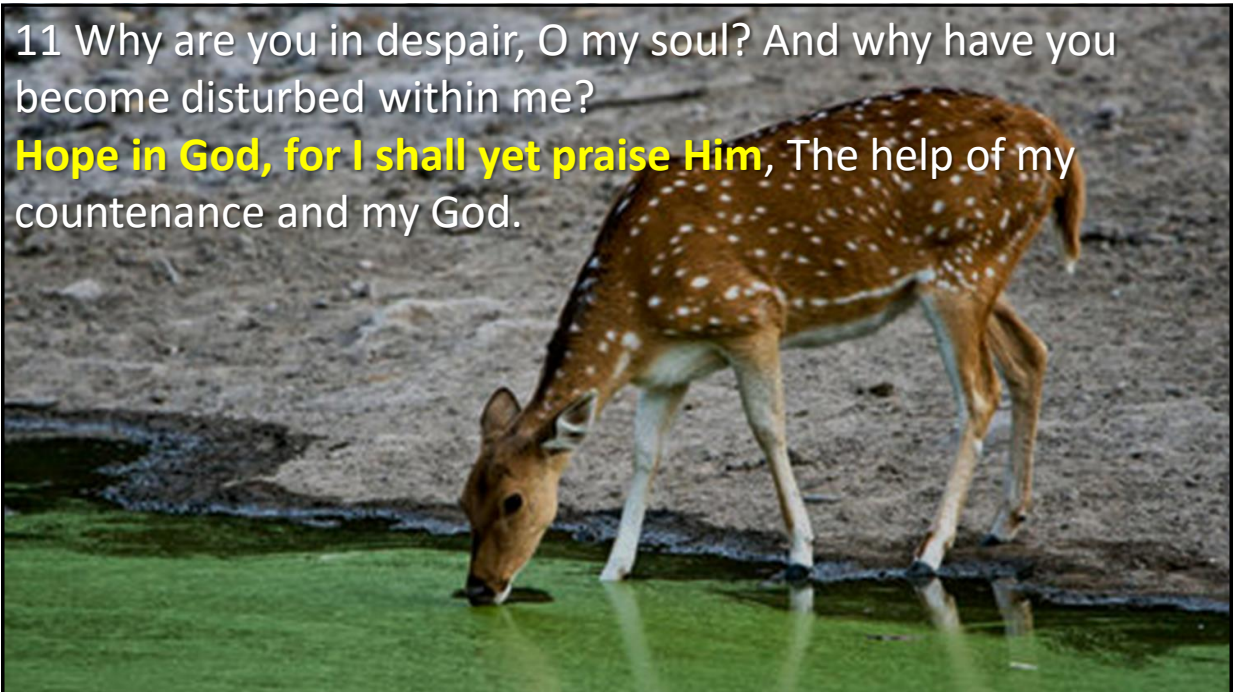
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Lament: 1- 4

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4 These things **I remember** and I pour out my soul within me. *For I used to go along with the throng and lead them in procession to the house of **God**, With the voice of joy and thanksgiving, a multitude keeping festival.*

5 Why are you in despair, O my soul? And why have you become disturbed within me?

Hope:5

Hope in God, for I shall again praise Him. For the help of His presence.

6 O my **God, my soul is in despair within me**; Therefore **I remember You** from the land of the Jordan. And the peaks of Hermon, from Mount Mizar.

Lament: 6- 7

7 Deep calls to deep at the sound of **Your** waterfalls; All **Your** breakers and **Your** waves have rolled over me.

8 *The **Lord** will command His lovingkindness in the daytime; And **His** song will be with me in the night, A prayer to the God of my life.*

Hope:8

9 I will **say to God** my rock, "**Why** have **You** forgotten me? **Why** do I go mourning because of the oppression of the enemy?"

Lament: 9 - 10

10 As a shattering of my bones, my adversaries revile me, **While they say to me all day long, "Where is your God?"**

11 Why are you in despair, O my soul? And why have you become disturbed within me?

Hope:11

Hope in God, for I shall yet praise Him, The help of my countenance and my God.

Ps119:

176 **I have gone astray** like a lost sheep; **seek Your servant**,
For I do not forget **Your commandments**.

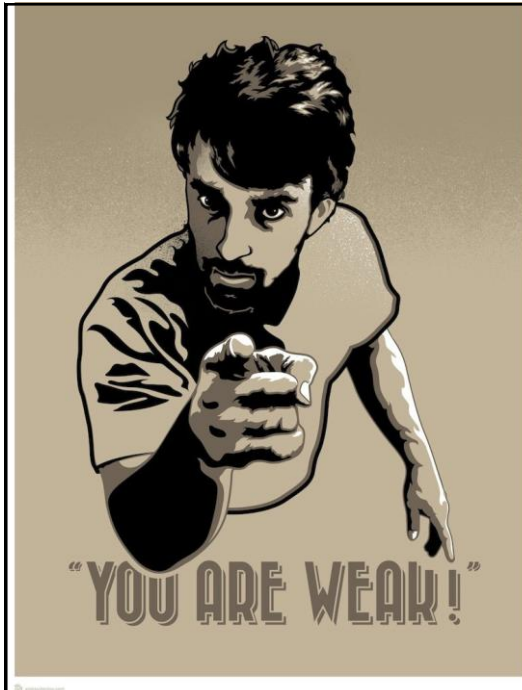
Ps 88

18 You have removed lover and friend far from me;

My acquaintances are in darkness.

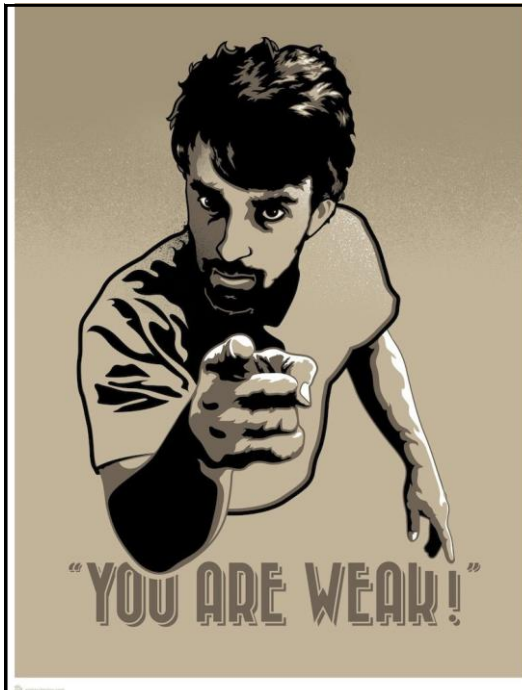
Casting out the depression spirit – just snap out!





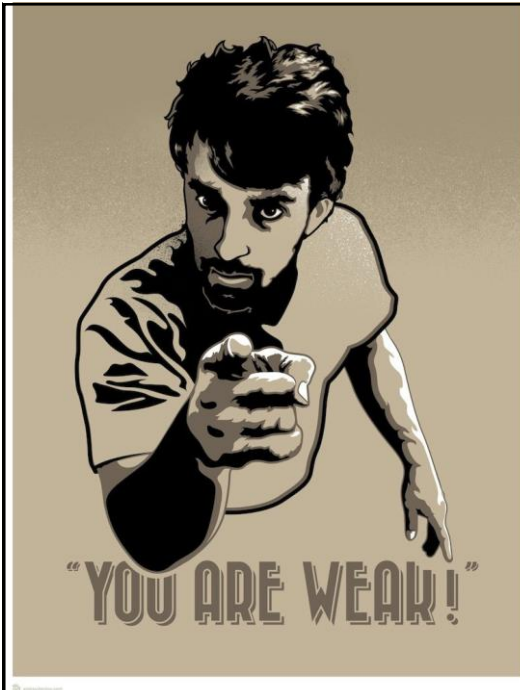
If you have depression, you are spiritually weak!

Moses - Num 11: 14 I alone am not able to carry all this people, because it is **too burdensome** for me. 15 So if You are going to deal thus with me, **please kill me** at once, if I have found favor in Your sight, and do not let me see **my wretchedness.**"



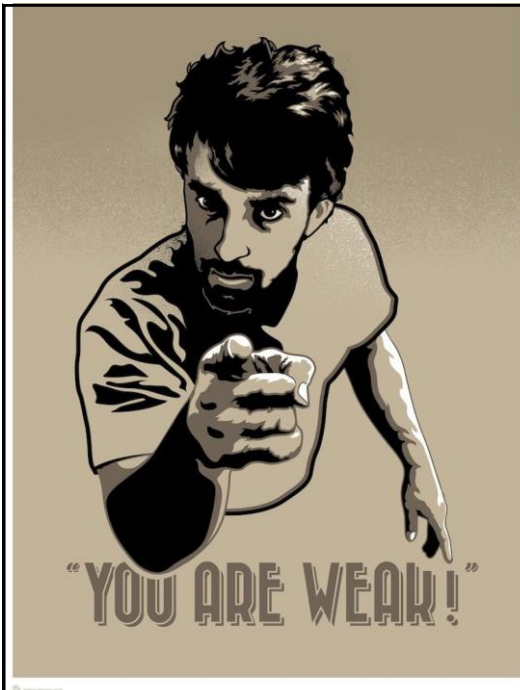
If you have depression, you are spiritually weak!

Elijah - 1 Kings 19:4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he **might die**, and said, "It is enough; now, O Lord, **take my life**, for **I am not better** than my fathers."



If you have depression, you are spiritually weak!

King David - Ps 38:6,8 "I am troubled, I am **bowed down** greatly; I **go mourning** all the day long. ...I **groan** because of the turmoil of my heart"



If you have depression, you are spiritually weak!

Paul - 2 Cor 1:8 For we do not want you to be unaware, brethren, of our affliction which came to us in Asia, that we were burdened excessively, beyond our strength, so that **we despaired even of life;**



Wrong views on Depression

- **Negative emotion is all in the mind; means that you are doubting God.**
- **Don't take medications; faith-healing will do.**

Connecting with the mentally wounded

- Allow the person to ask why? v9
- Assure the person of God's love v8
- Address the self talk v5
- **Aid the person to worship God v1-2, 8**

Jesus knows my heart - translation

Jesus knows my heart, He comforts and He blesses me with life.
He blesses me with Peace, He blesses me with Joy.
Even as I walk through stormy path.
He knows and He understands.
He wipes away my tears, He gives me security.
The wind blew. The storm came. But I stood unmoved.
He holds me, He loves me. He cares for me forever.
He is my faith. He is my help. He is my strength.
Jesus is very good to me.

Connecting with the mentally wounded

- **Allow the person to ask why? V9**
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