



Depression

It's normal to feel down from time to time, especially after a breakup, job stress, life's curve balls, or a loss. But those down feelings usually ease with time.

Depression is different. Depression is a medical condition that causes deep sadness or emptiness that lasts a long time and makes everyday life harder. It can affect how you think, feel, and function at work, school, and home. Depression is common, treatable, and not a personal weakness.

For an overview, symptoms, diagnosis, treatment, related conditions, and support go to:

NAMI

<https://www.nami.org/about-mental-illness/mental-health-conditions/depression/?tab=overview>

CDC

<https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>

Women's health – Depression

<https://womenshealth.gov/mental-health/mental-health-conditions/depression>

For more information and types of depression

<https://www.nimh.nih.gov/health/publications/depression>

Additional Resources:

Anxiety and Depression Association of America

<https://adaa.org/understanding-anxiety/depression>

Anhedonia and Depression

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/anhedonia-and-depression-why-things-dont-feel>

Post Partum Depression

National Institutes of Health

<https://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/postpartum>



Depression

Mental Health America

<https://mhanational.org/conditions/postpartum-depression/>

Depression and College Students

<https://www.healthline.com/health/depression/college-students#The-risks-and-consequences-of-depression-among-college-students>

Seasonal Affective Disorder

<https://mhanational.org/conditions/seasonal-affective-disorder-sad/>

Self-Care for Depression

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care/>

Coping with Depression

<https://www.helpguide.org/mental-health/depression/coping-with-depression>

13 Coping skills for depression that really help

<https://www.springhealth.com/blog/coping-skills-for-depression>

Overcoming Anxiety and Depression Video

<https://www.youtube.com/watch?v=qgX3Hg2OlAg>

Bishop Barron – 5 Ways Faith can free you from Depression

https://www.wordonfire.org/videos/wordonfire-show/wof-477-5-ways-faith-can-free-you-from-anxiety-depression/?_gl=1*17izstj*_up*MQ..*_ga*Nzk0ODE0NTU4LjE3NDI3NzY5MDM.*_ga_4081DYV3TL*MTc0Mjc3NjkwMy4xLjAuMTc0Mjc3NjkwMy4wLjAuMA..

Support for Men

<https://headsupguys.org/>

Supporting a Family member suffering from Depression

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression/art-20045943>



Depression

United Health Care

<https://www.uhc.com/news-articles/healthy-living/7-ways-to-support-someone-with-depression>

Let's Talk

https://www.letstalktrd.com/?gclid=aw.ds&gad_source=1&gad_campaignid=23810841281&gclid=CjwKCAjw6MPRBhBTEiwAd-7Mr9ZCY-U9NdclLuS6YSns61wZGK_TYkdtVpicrTRDe_d2mCwvTGwo9hoCtHwQAvD_BwE

Books

Catholic Guide to Depression by Aaron Kheriaty

Videos

Catholic take on depression

<https://www.youtube.com/watch?v=cRafhX4lnXk&t=1s>

Catholic Guide to depression

<https://www.youtube.com/watch?v=8SIWIQ0ZUqY>

Tips for helping someone experiencing depression:

Supporting someone with depression involves listening without judgment, offering concrete help with daily tasks, and gently encouraging them to seek professional help. Avoid pressuring them or offering unsolicited advice.

Be a safe space: Listen without trying to "fix" the problem. Validate their feelings instead of offering platitudes like "just cheer up" or "you have so much to live for".

Offer specific help: Instead of "let me know if you need anything," offer concrete assistance. Ask if you can drop off groceries, help tidy up, or drive them to an appointment.



Depression

Keep them engaged:

Invite them out for short, low-pressure activities like a walk or a coffee, but accept if they say no. Help them establish a simple, manageable daily routine for sleeping, eating, and getting fresh air.

Encourage professional support: Gently help them connect with therapy or medical care. You can offer to sit with them while they call their doctor or help them find a local specialist.

Monitor for crisis: Take any mention of self-harm or suicide extremely seriously. If you believe they are in immediate danger, do not leave them alone, and call 988 emergency services immediately.

Caregiver support

<https://www.couragetocaregivers.org/blog-onepaggers-1/2021/8/15/depression>

See also the tab for Caretaker Support on the main Mental Health page.

For more resources, support groups or Catholic therapists, contact Rich at hello@thechurchofstluke.org