



READY FOR CHANGE?

Take On Your Elephant

Call LifeGate Counseling Center at **(404) 842-3150**,
or visit **www.lifegatecenter.org**.

Take On the Elephant of DEPRESSION

For Christians, there has been a myth that depression is a sign that you are defective in your reliance on God, that you are weak in faith. Worst of all, some might believe sin lurks in your inmost being.

The truth is that people DO get depressed, and it is not a personal “failing.” Many people who suffer from depression, don’t realize it. At least 1 in 20 men and 1 in 4 women have the chance of becoming clinically depressed, meaning that they would need professional treatment.

It is very difficult to get out of depression on your own, which is why professional intervention is essential to regaining a healthy, productive lifestyle.

FIVE signs that you or a loved one may be depressed ...

- 1. Persistent feelings of sadness, emptiness, hopelessness and/or worthlessness. These feelings may or may not be accompanied by thoughts or fantasies of dying or suicide.**
- 2. Reduced interest in activities or relationships that once provided pleasure or joy.**
- 3. Noticeable decline in energy or motivation.**
- 4. Difficulty concentrating or making decisions.**
- 5. Significant changes in eating and/or sleeping patterns.**

