

# Sabbaths of Hope.

Faith Communities  
Responding to Depression

## Did you know . . . ?

Each year more than 19 million Americans suffer from clinical depression.

Sufferers are often told or believe that they should be able to “just get over it,” or that “time will heal” their pain, or that the cause of their discomfort is punishment for sin or lack of faith.

An estimated one of five adults will experience depression in his or her lifetime. An estimated 146,200 congregants will experience depression in his or her lifetime.

31 percent of persons seeking help with a depressive illness may reach out to their clergy or faith-based leaders for help.

May is Mental Health Month  
Get the Facts.  
Keep the Faith.

*Therefore the redeemed of the Lord shall return, and come with singing unto Zion; and everlasting joy shall be upon their head; they shall obtain gladness and joy; and sorrow and mourning shall flee away. Isaiah 51:11 (KJV)*

# Sabbaths of Hope.

Faith Communities  
Responding to Depression

## Did you know . . . ?

Each year more than 19 million Americans suffer from clinical depression.

Sufferers are often told or believe that they should be able to “just get over it,” or that “time will heal” their pain, or that the cause of their discomfort is punishment for sin or lack of faith.

An estimated one of five adults will experience depression in his or her lifetime. An estimated 146,200 congregants will experience depression in his or her lifetime.

31 percent of persons seeking help with a depressive illness may reach out to their clergy or faith-based leaders for help.

May is Mental Health Month  
Get the Facts.  
Keep the Faith.

*Therefore the redeemed of the Lord shall return, and come with singing unto Zion; and everlasting joy shall be upon their head; they shall obtain gladness and joy; and sorrow and mourning shall flee away. Isaiah 51:11 (KJV)*

## Keep the Faith. Recovery is Possible.

...yet only about one fourth to one third of us seek professional help and treatment for our depressive illness.

### The Good News

Depression can be treated successfully in many cases. Treatment programs can supplement spiritual care with both counseling and medications. Most people need help to recover from depression. With support and treatment, 70 to 80 percent of people with depression will recover.

### What Can Our Faith Community Do to Help . . .

- If you know someone whom you believe may be depressed, please reach out to them.
- Encourage them to speak to your faith community leader or other community support persons.
- See that your faith leaders have a phone list of area mental health resources.
- Start a Support Group for area individuals or congregants needing assistance with recovery from depression.
- Maintain a pamphlet rack or resource table with information on depression and other mental health topics. Free literature may be ordered from the Mental Health Association of the Heartland (913.281.2221)

For more information about depression, literature, or area resources contact co-directors:  
Stacy Davis – 913.281.2221, Ext. 112 or Tarris Rosell PhD, DMin – 816.221.1100, Ext. 215  
For help in your area, visit Mental Health America at [www.nmha.org](http://www.nmha.org).

## Keep the Faith. Recovery is Possible.

...yet only about one fourth to one third of us seek professional help and treatment for our depressive illness.

### The Good News

Depression can be treated successfully in many cases. Treatment programs can supplement spiritual care with both counseling and medications. Most people need help to recover from depression. With support and treatment, 70 to 80 percent of people with depression will recover.

### What Can Our Faith Community Do to Help . . .

- If you know someone whom you believe may be depressed, please reach out to them.
- Encourage them to speak to your faith community leader or other community support persons.
- See that your faith leaders have a phone list of area mental health resources.
- Start a Support Group for area individuals or congregants needing assistance with recovery from depression.
- Maintain a pamphlet rack or resource table with information on depression and other mental health topics. Free literature may be ordered from the Mental Health Association of the Heartland (913.281.2221)

For more information about depression, literature, or area resources contact co-directors:  
Stacy Davis – 913.281.2221, Ext. 112 or Tarris Rosell PhD, DMin – 816.221.1100, Ext. 215  
For help in your area, visit Mental Health America at [www.nmha.org](http://www.nmha.org).