

# ARE YOU DEALING WITH DEPRESSION?

This weekend we are dealing with the subject to depression and how to address it from a Christian perspective. If you ever find yourself dealing with depression or suicidal thoughts, it's important that you reach out to others for help. Here are a few practical steps to take if you need assistance in this area:

## **1. Contact Our Church Office and Pastoral Staff**

Our pastoral staff would be happy to speak with you to offer counsel and support and to refer you as needed to counselors who can help provide the support you need. Our phone number is 440.886.6100, or send an email to [info@baptist.org](mailto:info@baptist.org).

## **2. Reach Out to Those Who Care For You**

It's important that we don't try to do life alone. God has designed us for relationships, and it's important we take the time to get to know one another. At PHBC, there are many ways to form relationships with other Christians who want to know you and encourage you in all areas of life. Whether it be attending one of our many Sunday morning Growth Groups, weekly home groups, IMPACT Night classes, serving in an area of the church where you will form friendships, or just accepting someone's invitation to get to know them over coffee, make the time to build relationships with others. There are many people at our church who would love to get to know you.

## **3. Seek Medical Advice**

It's estimated that nearly 15 million Americans are effected by serious medical illness that leads to major depression disorders. You should pay close attention to any sudden changes in mood, behavior, thoughts or feelings, and report them to a health care professional.

## **4. Get Immediate Help From Professionals If You're Struggling With Suicidal Thoughts**

If your depression is serious enough where you are contemplating suicide, you need to reach out immediately for help. Here is a list of numbers to call outside of PHBC to offer you immediate help if you ever need it.

**Suicide Prevention Lifeline: 800.273.8255**

**National Children's Hospital Center for Suicide Prevention and Research: 614.355.2596**

**Frontier Services, Cuyahoga County Suicide Hotline: 216.623.6888**













