



Romans 8:31

WHAT THEN SHALL WE SAY TO THESE THINGS? IF GOD IS FOR US, WHO CAN BE AGAINST US?

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

Isaiah 41:10

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, yes I will help you. I will uphold you with My righteous right hand.

GROWING IN HIM COUNSELING



Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.
Hebrews 4:16

Are you Sad or Depressed?

Everyone feels sad at times, life can be difficult and hard; but being depressed is very different. Depression is a word that is thrown around a great deal, but it has real implications. Feeling depressed is like being alone in the middle of the ocean for weeks with no land in sight. You have been paddling and trying to keep your head above water, but are unsure how much longer you can keep it up. You feel hopeless, overwhelmed, alone and scared. Depression affects your eating and sleeping habits and your desire to move forward or get anything done. It will take every ounce of effort to get out of bed in the morning and you wish it will all just end. If you are sad due to difficult circumstances, talk with a friend or pastor. If you are struggling with depression, seek professional help. There IS hope!

“For my days are consumed like smoke, and my bones are burned like a hearth. My heart is stricken and withered like grass, so that I forget to eat my bread.” Psalm 102:3-4

Depression: The rule of thumb with depression is to do the opposite of what you want to do. If you really just want to stay in bed all day, go outside. If you want to eat a tub of ice cream, eat something healthy instead or go for a walk. If you don't feel like eating, force yourself to eat every few hours. If you want to stay home and avoid everyone, call a friend and meet for lunch or coffee.

Although moving is challenging, any form of physical exercise is very good for depression and your overall mental health. This can be aerobics, weight lifting, walking, dancing, yoga, etc. Getting your body moving is what is most important. It is also very important to eat healthy meals (avoid caffeine and sugar) and at least 8 hours of sleep every night.

Journaling how you feel and why you feel that way can be very beneficial as well. If you are having trouble identifying your emotions, look up “emotion wheel” on the internet. Choose an emotion each day and write about what it feels like, how your body feels when you feel this way, events that cause you to feel this way, and what you can do to help you feel differently. If you are struggling with clinical depression, contact a therapist. There are tools you can learn and ways you can manage the emotions while learning how to heal.

Am I Depressed?

Answer the 9 questions below to determine if you need to seek professional help.

Compare how you have felt in the last 2 weeks:

0 - Not at all; **1** - Several Days,
2 - More than 1/2 days; **3** - Nearly every day

1. Little Interest or pleasure in doing things (0 - 3) _____
2. Feeling down, depressed, or hopeless (0 - 3) _____
3. Trouble falling or staying asleep, or sleeping too much (0 - 3) _____
4. Feeling tired or having little energy (0 - 3) _____
5. Poor appetite or overeating (0 - 3) _____
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down (0 - 3) _____
7. Trouble concentrating on things, such as reading or watching television (0 - 3) _____
8. Moving or speaking so slowly that other people have noticed OR being so fidgety or restless that you have been moving more than usual (0 - 3) _____
9. Thoughts that you would be better off dead or of hurting yourself in some way (0 - 3) _____

Add up your score for all 9 questions

A score of 0-4 suggests normal emotional response

A score of 5-14 suggests mild/moderate depression/sadness

A score of 15-27 may be clinical depression and you should seek out professional help.

PHQ-9 Questionnaire

EMPATHETIC AND
COMPASSIONATE
GUIDANCE THROUGH
THE HOPE FOUND IN
JESUS

Counseling:

We offer individual, group and couples counseling for ages 6 to adult.

Cost: \$130/45 min session

\$75/45 min session
w/intern

Private Pay Only

Areas of Concern:

- Anxiety/Depression
- Trauma
- Grief and Loss
- Anger Management
- Marriage and Family
- Life Situations/Crisis
- Suicidal Ideation/ Attempts
- Child (over 6) and Teens

CONTACT
TANYA MCCREA, LCSW

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720-507-5761

SCHEDULE AN APPT

VIRTUAL AND IN-PERSON
SESSIONS