

# Supporting people with depression in the local church

## The elephant in the church

## What depression is like

- God is good
- God is sovereign
- God is working in our lives  
to make us more like Jesus

"We know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8 v 28

## What not to do

## How you can help

## Useful resources

- *Dealing with depression* by Sarah Collins and Jayne Haynes, Christian Focus – simple, biblically faithful, hugely helpful testimonies
- *I had a black dog* by Matthew Johnstone, *Living with a black dog* by Matthew and Ainsley Johnstone, both Robinson Publishing – brilliant cartoon explanations.
- *I'm not supposed to feel like this* by Chris Williams, Paul Richards and Ingrid Whitton, Hodder – Cognitive behaviour therapy (CBT) for Christians (also [www.feelinglikethis.com](http://www.feelinglikethis.com))
- [www.moodscope.com](http://www.moodscope.com) – online mood chart