

# Mental Health Newsletter

Issue 1

October 2009

Professor Mark McMinn of George Fox University suggests that individuals ask three questions to determine if they or loved ones are struggling with depression.

Question # 1- Has life moved beyond sadness to deep, persistent emotional pain and hopelessness?

Question # 2 – Has the person moved away from activities and relationships that once brought them happiness or joy?

Question # 3 – Has normal every day functioning and productivity become impaired?

If one answers yes to one or more of these questions, here are some of his suggestions-

1. Develop a social support system – church communities could play a pivotal role here for many.
2. Establish an exercise routine – although this may be difficult given a lack of motivation, even moderate exercise can help fight depression.
3. Refocus on the goodness of God's creation, reclaim pleasant activities of the past, and reengage in living fully.

## Help

**If you, a friend, or a loved one is in crisis now, seek help immediately.**

Call **1-800-273-TALK(8255)** to reach a 24 hour crisis center or dial 911 for immediate assistance.

## Announcing a Wellness Workshop

*Help for the blues:  
Straight talk about overcoming depression*

Presented by: Philip J. Lawlis, Ph.D.  
*Director of Counseling and Health Services*

*When? Tue. Oct. 20, 12:00-12:45 PM*

*Where? Parmer Cinema*

## Depression

Depression is a common and debilitating illness. It is treatable, but the majority of persons with depression do not receive even minimally adequate treatment. Depression is characterized by changes in mood, self-attitude, cognitive functioning, sleep, appetite, and energy level. The World Health Organization found that major depression was the leading cause of disability worldwide. Depression causes suffering, decrease in quality of life, and impairment in social and occupational functioning.

## Did You know?

### Facts about Depression in the USA

- In any 2-week period, 5.4% of Americans 12 years of age and older experienced depression.
- Rates of depression were higher among lower income persons compared to high income persons
- Approximately 80% reported some level of functional impairment because of their depression
- 27% reported serious difficulties in work and home life due to depression
- Only 29% reported contacting a mental health professional in the past year.
- Depression is more common in females than in males.

## How Stressed are you?

Take this quiz to find out

<http://www.mentalhealthamerica.net/llw/stressquiz.html>

Sources: <http://www.mentalhealthamerica.net>, <http://www.cdc.gov/nchs/data/databriefs/db07.pdf>, McMinn, M.R. (2009). When You're Depressed. Christianity Today, 53(3), 24-25.