

PROFESSIONAL RESOURCES

Brent Unrau

Coastal Counseling Group
323 – 9801 King George Hwy, Surrey
Phone: 604.584.4112

Specializes in marriage and family therapy; affiliated with Burden Bearers (you pay according to your ability to pay)

TWU Counseling Centre

Phone: 604.513.2024

Four clinically trained Christian counselors who specialize in a variety of counseling areas.

Fraser River Counseling

TWU/ACTS

Phone: 604.888.7511

http://www.twu.ca/cpsy/fraser_river_counselling.asp

Counseling services by counselors in training (various locations, low cost services)

Freedom Sessions

Southgate Church (Langley)

Phone: 604.532.7769

Cedar Grove Baptist Church (Surrey)

Phone: 604.851.8933

Weekly support group modeled after a 12-step program that is very well structured for walking alongside someone for a longer duration (i.e. weekly meetings, sponsors, etc.)

PRINT RESOURCES

Help! Someone I Love is Depressed

Archibald Hart, Ph.D. & Dr. Bill Maier

Depression is pervasive in our society and you probably know someone or suspect someone who is suffering from it. Gain access to answers to the most common questions about depression such as “Why do people get depressed?” “How can I recognize the symptoms of depression?” and “What can I do to help a loved one who's depressed?”



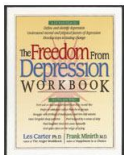
The Freedom From Depression Workbook

Les Carter & Frank Minirth

Discover how to identify depression, understand its causes, come to terms with the past and look forward to the future.

This 12-part interactive program will help

you bring balance to your emotions as you peel back the layers of any situation and develop keys to lasting change.



Stressed or Depressed: A Practical and Inspirational Guide for Parents of Hurting Teens

Drs. Arch Hart & Catherine Hart Weber

The teenage years can be a tempest of emotion and conflict. But, that turmoil can actually be a sign of stress and perhaps depression. This book gives parents guidance to steer their teens through this tough time in life and teaches them the signs of depression so that they can know when and how to respond.

Unmasking Male Depression

Archibald Hart

The myth in evangelical Christendom is that depression is a sign that one has failed to trust God, has weak faith, or has a significant sin problem. Yet more than 20 million American men will become depressed in their lifetime, with the effects impacting their families, their work and their relationships with God. In this book, Dr. Hart reveals the myths of depression and provides tools for coping and healing.

Unveiling Depression in Women

Archibald Hart, Ph.D. & Catherine Hart Weber, Ph.D.

This book not only examines the causes and symptoms of depression, it offers a biblical perspective on how to conquer these debilitating emotions. The authors are experienced therapists who encourage a holistic approach of counseling, health care, faith, and medication when necessary.

ELECTRONIC RESOURCES

BC Health Guide: Depression

<http://www.bchealthguide.org/kbase/topic/major/hw30709/descrpt.htm>

Focus on the Family: Depression

<http://www.family.org/lifechallenges/A000000322.cfm>

Troubled With: Life Pressures/Depression

<http://www.troubledwith.com/LifePressures/Depression.cfm>

MB Herald: One Woman's Journey

<http://www.mbherald.com/44/11/twosteps.en.html>

Christianity Today: Teen Depression

<http://www.christianitytoday.com/cl/2001/006/9.54.html>

Christianity Today: Unexpected Depression

<http://www.christianitytoday.com/mp/2000/003/15.50.html>

Christianity Today: Depression and Singleness

<http://www.christianitytoday.com/singles/newsletter/mind60802.html>