

You can be a follower of Jesus and struggle with your mental health, and this doesn't define you. Jesus wants to partner with you to make everything new in your life. In this series, we're exploring how to stop coping and start hoping.

This week, we've included some practices to help you navigate the darkness of depression.

## REACH OUT

If you are dealing with depression, harming yourself, or considering suicide, you are not alone, and we want to help you find help.

- ❖ These [Mental Health Resources](#) will connect you to the [Suicide Crisis Line](#), [Colorado Crisis Services](#), and other Mental Health organizations for [adults](#) and [teens](#).
- ❖ If you need a counseling referral, email Ben Ramsey at [ben.ramsey@ehills.org](mailto:ben.ramsey@ehills.org).

## STAY CONNECTED AND KEEP TALKING

Depression can tempt us to withdraw and isolate. Social interactions can improve your mood.

- ❖ Make a plan to reach out to a safe person. This could be a friend, family member, counselor, or pastor.

## HAVE A ROUTINE

When you face depression, not having a regular routine can affect your sleep, eating, and energy.

- ❖ Set reminders and alarms on your phone for sleep, meals, and exercise to help maintain a routine. Try walking for 20 minutes every day - outside if you can.

## LOOK FOR TRUTH

Countering lies you believe with God's truth about you is a powerful way to help you remember who you are.

- ❖ Download the [YouVersion Bible App](#). Search for the lie you are believing. Read and reflect on the Scriptures and look for the truth of what God says about you.

## PRAY

God wants you to talk to him when you are depressed. Remember that God is with you and cares for you, even when it doesn't seem like it.

- ❖ "God, the darkness around me feels overwhelming. Give me hope and help me remember you are always with me. Amen."

## MEMORIZE

Memorizing Scripture allows us to recall God's Word when we need to remember his truth.

### DEPRESSION

May the God of hope fill you with all  
joy and peace as you trust in him, so  
that you may overflow with hope by  
the power of the Holy Spirit.

**ROMANS 15:13**