

**Sponsored by the
Depression Support Coalition**

- Church of St. Michael Catholic Church, Prior Lake
- Church of the Risen Savior Catholic Church, Burnsville
- Easter Lutheran Church, Eagan
- Grace Lutheran Church, Apple Valley
- Mary, Mother of the Church Catholic Church, Burnsville
- Prince of Peace Lutheran Church, Burnsville
- Shepherd of the Lake Lutheran Church, Prior Lake
- Shepherd of the Valley Lutheran Church, Apple Valley
- St. John Neumann Catholic Church, Eagan
- St. John the Baptist Catholic Church, Savage



The mission of the Depression Support Coalition is to inform, educate, support, and cultivate a community of spiritual hope for those affected by depression — as well as their families.

www.DepressionSupportCoalition.org

Depression Support Coalition
Shepherd of the Valley Lutheran Church
12650 Johnny Cake Ridge Road
Apple Valley, Minnesota 55124



Depression is real.



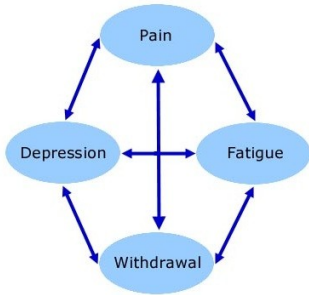
Hope is real too.

Offering information, education, support, and spiritual hope to those affected by depression— as well as their loved ones.

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Major depression is a medical illness that today affects 23 million adults each year. Depression affects our thoughts, feelings, mood, behavior, and physical health. Although devastating at times, depression is highly treatable.



Family and friends can help by offering their understanding, compassion, patience, and respect to those affected by depression.

Monthly Educational Speakers.

The Depression Support Coalition has developed a program of monthly informational talks by leading healthcare professionals and clergy educated and experienced about depression and related diseases.

Weekly Support Groups.

The program also offers weekly discussion and support group meetings at some Coalition church locations — designed to provide a network of Christian based support for those affected by depression — as well as their family members.

All are welcome.

All persons are welcome to attend, regardless of religious affiliation. For additional information or questions, please contact Julie Opheim at 952-432-6351 or visit: www.DepressionSupportCoalition.org



Dispelling major depression myths

Depression is the most common psychiatric disorder in the United States. Yet many myths and misconceptions persist about depression.

Myth # 1: Depression isn't a real disease. It's just being lazy.

Fact: People need to realize that depression is a real medical condition, just like diabetes. Experts believe that certain brain chemicals go out of balance to cause the disease. Genes, stressful events, illness, and medicines can cause the imbalance.

Myth # 2: Positive thinking will help you just "snap out" of your depression.

Fact: Depression is not a choice. People with major depression don't choose to have it. Telling someone it's "in your head" or "you're so negative" is not only damaging, it's insulting.

Myth # 3: If you can't get over your depression, you're weak.

Fact: Depression is a problem with brain chemistry, not character. You can't force yourself to get over it, anymore than you can make heart disease go away.

Myth # 4: Children cannot get depression.

Fact: Depression can develop in any age group, ethnic group, economic group, and gender. Medical research indicated that as many as 3 in 100 young children and 9 in 100 teens have serious depression.

Support groups offer depression help

Support groups are not the same as therapy groups, which are usually run by a trained and licensed therapist. In contrast, trained facilitators, many of whom have struggled with depression, usually run support groups.

A support group can be a great source of help and inspiration for a person battling depression. Some of the benefits you can gain from a depression support group include:

Understanding and compassion. People attending a support group understand the symptoms and struggles with depression. A well-run support group promotes acceptance and understanding, allowing people to feel comfortable and not alone.

Inspiration and hope. Support groups help people understand that mood disorders don't define them.

Education and motivation. People attending a support group can share their experience and valuable insights in dealing with similar situations.

- Discuss the common symptoms of depression, such as sad mood, poor concentration, sleep difficulties, fatigue, loss of energy, and excessive guilt and shame.
- Discuss how depression is treatable and how many ultimately find meaning in their depression.
- Share friendships and the opportunity to cultivate a community of spiritual hope for themselves and their family members.



**For meeting information and locations visit:
www.DepressionSupportCoalition.org**