

Differentiate depression and hopelessness. How are they the same and how are they different?

Is it helpful to speak to someone struggling with depression? Tips?

What do you do if you suspect someone is dealing with depression but really don't know?

How do you bring up the subject without seeming nosy?

The use of the terms “mental health” and “therapist” now seem to be very prevalent; particularly among younger people. Have you noticed this? If so, what are your thoughts about this phenomenon?

What suggestions do you have for parents of older children, who have rejected their faith in Christ and admit to being “depressed” and “hopeless?”

There were two statements that reminded me of C. S. Lewis’ “Surprised By Joy”:

“And in my own life, sometimes faith and joy abide while tears stream down my face.” (pg. 112),

“Fruits of love, kindness, humility, and even joy can grow in the dark.” (pg. 114)

What is “joy?”

How can spouses, family and friends best come alongside and be a blessing to loved ones who suffer from the effects of chronic depression? How do we best minister to their needs and offer encouragement and hope in the midst of their pain? The next question is similar in context.

Chronic depression does not just affect the individual who is living with the daily realities of the illness, but it can also have significant impacts on spouses and other loved ones in the immediate family. Please comment and offer advice to spouses, in particular, on living with a loved one who suffers from chronic depression in its various forms. What do we as spouses need to know?

Please comment on suicidal ideation and when intervention might be necessary. What are steps that spouses and other loved ones can take to become competent in this area of ministry?

I have attended one seminar presentation (NAMI material) on mental illness and suicide prevention. I thought the presentation was good from a general information standpoint. I thought that the information on suicide prevention was especially helpful in becoming more competent in this area. Any comments?