

## "SIGNS OF DEPRESSION"

*By Dr. Hoyt W. Allen, Jr.*

The National Alliance for the Mentally Ill (NAMI) publishes a fact sheet to help people recognize signs of depression and suicide risk. They are:

- (1) Change in personality: sad, withdrawn, irritable, anxious, tired, indecisive, apathetic.
- (2) Change in behavior: can't concentrate on work, school, routine tasks.
- (3) Change in sleep pattern: oversleeping or insomnia, sometimes with early waking.
- (4) Change in eating habits: loss of appetite and weight, or overeating.
- (5) Loss of interest in friends, sex, hobbies, activities previously enjoyed.
- (6) Worry about money, illness (either real or imaginary).
- (7) Fear of losing control, going crazy, harming self or others.
- (8) Feelings of overwhelming guilt, shame, self-hatred.
- (9) No hope for the future: "It will never get better; I will always feel this way."
- (10) Drug or alcohol abuse.
- (11) Recent loss through death, divorce, separation, broken relationship, or loss of job, money, status, self-confidence, self-esteem.
- (12) Loss of religious faith.
- (13) Nightmares.
- (14) Suicidal impulses, statements, plans; giving away favorite things; previous suicide attempts or gestures.
- (15) Agitation, hyperactivity, restlessness may indicate masked depression.

If you or someone you know is feeling suicidal, **IMMEDIATELY** call the National Hotline Network's toll-free access number: (800) SUICIDE (784-2433). You will automatically be linked to the closest available accredited suicide hotline. Tell the counselor who answers what is going on and you will receive help.

We, as Christians, can be very helpful to those around us by "just being there". We can serve as a counselor to those who have confidence in us as their friend, neighbor, co-worker, relative, etc.

**Plainly, don't get short changed.** Let's be ready to meet our Maker. The Bible teaches that to avoid hell and gain heaven -we must:

- 1) Believe In Jesus As Savior (Acts 16:31) 2) Repent Of Sins (Acts 17:30)
- 3) Confess Christ Audibly (Acts 8:37) 4) Be Baptized In Water (Acts 2:38)
- 5) Live A Christian Life (Acts 14:22)

**KYOWVA Evangelistic Association**  
1541 S. 7th Street \* Ironton, OH 45638  
Web Page: [www.kyowva.com](http://www.kyowva.com)  
Free Bible Course Upon Request

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