

_____ ..._____ ...can experience a season of depression; even _____.

HOW TO GET DEPRESSED IN FOUR EASY STEPS

1. _____ yourself out
2. _____ people out
3. Focus on the _____
4. You need to forget about _____

GOD'S GUIDANCE FOR ELIJAH'S DEPRESSION

1. _____ and _____
2. God replaces our _____ with His _____
3. Do the _____ right thing

HOW TO WALK WITH SOMEONE GOING THROUGH DEPRESSION

1. _____ being present
2. _____ a place of safety for them
3. _____ for them

***Support and Counseling Resources are on the following page.**

SUPPORT AND COUNSELING RESOURCES:

- Talk with a Pastor: 317-844-9355 Ext. 23, Pastor Bruce Hazel and other Staff welcome your calls

- Connect with a Counselor:

Counseling Center at the Crossing

Paul McDaniel, Cherie Clark, Mandy Baldwin, Lori Hoffeditz

Allisonville Professional Center

10412 Allisonville Rd. Suite 105

Fishers, IN 46038

317-578-9200

Indyhope.com

Family Counseling Associates

Dr. Tim Heck

7526 E. 82nd St. Suite 150

Indianapolis, IN 46256

317-585-1060

Lifestream Counseling

Brian Harvey MA, PC & Lisa Duhamell MA LMHC

Individual, marital, family & children

23 S. 8th St. Suite 16

Noblesville, IN 46060

317-792-5050

Strengthening Families

Alicia Brantingham

6515 E. 82nd Street, Suite 105

317-363-6335

Strengtheningfamiliesllc.wordpress.com

Graduate Counseling Center at the Indiana Wesleyan Campus

(71st and 465)

317-713-6154

Graduate Counseling Center at Christian Theological Seminary CTS Campus

(42nd between Meridian and Michigan)

317-924-5205

- Suicide Hotline: 1-800-273-8255