



DEPRESSION RESOURCES

The resources below have been compiled by Rock Bridge staff and trusted mental health professionals. We encourage you to use these simply as a starting point for exploration and to seek personalized advice when needed. Thank you for your understanding and cooperation.

For those fighting a battle with depression, life can feel isolating. Overwhelming stress, fear, and worry can have a big impact, but God's Word says that we are fully known and loved by Him. Below are resources to get you started on your path to healing. Click any [underlined title](#) for details. Contact us [HERE](#) if you want to have a conversation!

God tells us that He is "our refuge and strength, an ever-present help in trouble" (Psalm 46:1) and that His word is "a lamp for my feet, a light on my path" (Psalm 119:105). Therefore, one of the best ways to move forward is to [build your relationship with Jesus day-by-day](#)! Here are two resources to encourage your faith or to begin exploring!

- [Bible Reading Plans](#)
- [Journey With Jesus](#)

In addition, [meditating on and memorizing Scripture](#) is key to knowing that you are worthy of love and flourishing. These passages that would be helpful to keep close by.

- Psalm 34:18
- 2 Corinthians 12:9
- Lamentations 3:22-24
- Matthew 11:28
- Psalm 30:5

BOOKS

- [Beyond Suffering Bible](#)
- [Assurance: Resting In God's Salvation](#)
- [Contentment: Seeking God's Goodness](#)
- [Seen: Healing Despair & Anxiety In Kids & Teens](#)

ARTICLES

- [Christians Get Depressed Too](#)
- [What to Do When You're Down](#)
- [Depression in the Christian Family](#)
- [How to Talk to Your Depressed Child](#)
- [Walking Your Child Through Depression](#)
- [Why Christian Love Matters in Depression](#)
- [5 Biblical Encouragements for Depressed Believers](#)
- [Friends Are for the Darkness: How to Care for the Depressed](#)

MORE RESOURCES

- [Be Kind to Yourself](#)
- [Hopeful Lament: Tending Grief Through Spiritual Practices](#)
- [When Your Loved One Is In the Dark](#)
- [Prayer of Examen](#)
- [Alison Cook, Ph.D.](#)
- [Paul Tripp Ministries](#)
- [Boundaries For Your Soul devotional](#)
 - Turn your overwhelming thoughts and feelings into your greatest allies.
- [Taking a You-Turn](#)
 - A gentle but effective approach to transforming your troubling and conflicting thoughts, feelings, needs, and desires.
- [New Life Ministries](#)
 - Offers compassionate and empowering solutions to those who find themselves in life's difficult places and missing what God desires for them.

- [Anxiety & Depression Association of America](#)
 - An international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

LOCAL RESOURCES

[Celebrate Recovery](#)

- A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain, or addiction of any kind. It is a safe place to find community and freedom from the issues that are controlling our life.
- Find an in-person group [HERE](#) or access the weekly Zoom group [HERE](#).