



Depression  
is real.

*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.*

### Monthly Educational Speakers

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

### Weekly Support Groups

Weekly discussion and support group meetings are offered at some Coalition church locations. These support groups are designed to provide a network of Christian-based support for those affected by depression as well as their family members.

### All are welcome.

Everyone is welcome to attend, regardless of religious affiliation or spiritual beliefs. For additional information or questions please contact:

Julie Opheim at 952-432-6351 or visit  
[www.DepressionSupportCoalition.org](http://www.DepressionSupportCoalition.org)

### Coalition Churches

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

### Depression Support Coalition

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

[www.DepressionSupportCoalition.org](http://www.DepressionSupportCoalition.org)



Hope is real too.



## Support groups offer help, hope.

Unlike therapy groups, which are usually run by a trained and licensed therapist, support groups are led by trained facilitators, many of whom have struggled with depression themselves. A support group can be a great source of help and inspiration for those battling depression. The benefits of taking part include:

**Understanding and compassion.** People attending support groups understand the symptoms and struggles of depression. Support groups promote acceptance and understanding, allowing people to feel more comfortable and less alone.

**Inspiration and hope.** Support groups help people understand that mood disorders don't define who they are.

**Education and motivation.** Group attendees can share their own experiences and offer valuable insight into 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 people 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](http://www.DepressionSupportCoalition.org)

## Major depression is a medical illness that affects 23 million adults each year.

Depression affects our thoughts, feelings, mood, behavior and physical health. Although it is often devastating, depression is highly treatable.

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



## Dispelling four major myths about depression.

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

**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 or heart disease. Experts believe that certain brain chemicals go out of balance to cause depression. Genes, stressful events, illness, and medicines can lead to such imbalances.

**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:** You must be weak if you can't get over your depression.

**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 or diabetes go away.

**Myth # 4:** Children cannot get depression.

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