

Introduction

Don't Worry, He Just Needs Cheering up!

An Article about Helping Those who are Suffering Depression



From time-to-time we will encounter individuals suffering from depression. We are not looking here at the occasional bad days which most of us have from time to time – days of trouble as described in Psalm 50. Usually we cope with those ourselves or possibly with the help of a friend. Depression, in particular major depression which is the focus of this article, is quite different from the ups and downs of life that come along from time to time. This article has been written for the purpose of sharing how it feels to suffer depression and what can be done to counter it. The writer suffered depression some years ago and was helped along the road to recovery by

sessions of counselling from a Consultant Psychiatrist (Hon Associate Clinical Professor) who has kindly reviewed the article, made suggestions and encouraged its publication. For ease of navigation, the article has been bookmarked in its pdf format on the website.

We hope that the article will be helpful to whoever reads it and the writer is happy for individual copies to be made. Should multiple copies be required for group purposes please contact us first for permission at www.mannawords.com. Whilst we imagine it unlikely that someone would want to publish the article or extracts from it in a book or other format for financial gain, we should again be grateful if any person wishing to do so would first contact us for permission.