

ELEPHANT #2: DEPRESSION / SELF - HARM / SUICIDE

1. NOBODY IS IMMUNE TO DEPRESSION

THE DEVELOPMENT OF DEPRESSION

DISAPPOINTMENT

DESPAIR

DESTRUCTIVENESS

2. YOU ARE NOT ALONE IN DEPRESSION

GOD IS NOT MAD AT YOU AND YOUR DEPRESSION.

HE'S WITH YOU, SUFFERING WITH YOU IN YOUR DEPRESSION

3. HEALING WILL NOT BEGIN UNTIL YOU CONFRONT THE LIE THAT YOU ARE BELIEVING

