Story 1
A sudden, out of the ordinary, and overwhelming feeling of sadness:
- Loss of appetite
- Trouble sleeping
- Untrustworthy thoughts
- Loss of enjoyment
- Codependency
- Low self-esteem

After a month of depressive symptoms, seeking help through the following factors aided in the recovery process:
- Cognitive Behavioral Therapy groups
- Art/Music therapy
- Psychiatric medications
- Education in depression itself
- Keeping in tune with religious practices and other places of hope, faith, and inspiration

"Stay the course! Recovery is a process"

Story 2
A "slide" into depression following the buildup of stresses due to major life events led to:
- Loss of appetite
- Exhaustion and sleep disturbance
- Difficulty concentrating
- Loss of ability to enjoy life
- Worthlessness
- Hopelessness

A loss of ability to enjoy life, a feeling of worthlessness, and a feeling of hopelessness were significant symptoms that led to seeking help. These resources together greatly helped with recovery:
1. Medication from family physician to help with sleep, energy, and to feel steadier
2. Cognitive Behavioral Therapy
3. Social support from friends and family

Ways to Live Well in Recovery

- Establish and maintain healthy routines (getting the optimal amount of rest and sleep)
- Have a healthy diet and stay physically active
- Limit news consumption and do not let things overwhelm you
- Spend a majority of your time around a good and encouraging group of people

Understanding Episodes

- To avoid recurrent episodes, it is important to maintain a healthy routine by remaining consistent with self-care and therapeutic supports.

Resources: Helplines & Websites

National Suicide Prevention Lifeline 1-800-273-8255
Crisis Text Line 741-741

Resources: Books

- Flying with One Wing: God’s Grace in Our Times of Adversity by Reverend Pamula Yerby-Hammack
- Depression – Out of the Darkness and Into the Light by W. Daniel Hale, Ph. D.
- Healing Bodies and Souls by W. Daniel Hale, Ph. D. and Harold Koenig
- Building Healthy Communities Through Medical-Religious Partnerships by Richard Bennett, M. D. and W. Daniel Hale, Ph. D.

NAMI Maryland can help.
Visit www.namimd.org or call 410-884-8691 for more information