

## **DEPRESSED**

**My Dear Child,**

**Have you been getting depressed a lot?**

**Depression is a response to anger by pulling it within yourself. Is there something you have lost? Something you might be angry about?**

**Everyone feels depressed sometimes.**

**Some people are born with a chemical imbalance and if that is the case then you can get help with that.**

**Most depression when is not for a medical reason has to do with loss of some kind. Loss of a person, loss of an opportunity, loss of respect or reputation.**

**Is someone you love depressed?**

**You can help them by listening and caring.**

**But no one expects you to be a psychologist.**

**Know when you are in over your head and go with them to see someone who knows more than you. If you or your friend is so depressed you are thinking of committing suicide; then definitely get help right away– turn to an adult you trust and then to a counselor.**

**Know that counselors don't have all the answers, but that a good one will know what questions to ask to help you figure things out.**

**Most of all let me love you.**

**Sadness is a part of life, but when it is more than occasional & drags out, it hurts me to see my children suffer.**

**I love you and I want to be there for you.**

**Your Father, God**