

Trauma Recovery

- Safety & Stabilization
- Remembrance & Mourning
- Reconnection & Integration

Trauma Response

TRUST(worthy)

- Competence
- Reliability
- Benevolence
- Integrity

Rachel Botsman "Who can you trust?"

For the Lamb in the midst of the throne will be their shepherd,

And He will guide them to springs of living water,

And God will wipe away every tear from their eyes.

Revelation 7:17

Local Resources- Immediate Crisis

Mobile Crisis

9-1-1

865/539-2409

- > Knox
- > Blount
- > Loudon
- > Monroe
- > Sevier

Domestic Violence Resources

Family Justice Center

(KCSO & KPD)

400 Harriet Tubman St.

Knoxville, TN 37915

865/215-6800

865/521-6336

Kent C. Withers Family Crisis Center

(Helen Ross McNabb)

901 E. Summit Hill Dr.

Knoxville, TN 37915

865/637-8000

Sexual Abuse and Assault

Sexual Assault Center of East Tennessee

2455 Sutherland Ave.

Bldg. B

Knoxville, TN 37919

865/522-7273

ChildHelp

2505 Kingston Pike

Knoxville, TN 37919

865/637-1753

Report Child Abuse & Neglect

Who is mandated to report
suspected abuse and neglect?

EVERYONE

Tennessee Code Annotated 37-1-403(i)

1-877-237-0004

FEARFULLY & WONDERFULLY

The role of mental health in God's Kingdom

Mood Disorders

Depression and Bipolar Disorder

Psalms 42:5-6

Why are you cast down, O my soul?
And why are you in turmoil within me?
Hope in God, for I shall again praise Him,
My Salvation and my God.

Mood Disorders

- ▣ A psychological disorder characterized by the elevation or lowering of one's mood
- ▣ One's general emotional state or mood is distorted or inconsistent with circumstances and interferes with one's ability to function

- Mayo Clinic (1998)

Understanding Depression

[Understanding Depression Video](#)

Understanding Depression



Types and Subtypes

- ▣ Major Depressive
 - ▣ Dysthymia
 - ▣ Seasonal Affect
 - ▣ Situational/ Adjustment
 - ▣ Physical Health
 - Post-Partum
- ▣ Bipolar
 - Type I & Type II
 - Mixed Episode
 - Rapid Cycling
- ▣ Cyclothymia
- ▣ Psychotic features

Our Response

Romans 12:12

Rejoice in hope,
be patient in tribulation,
be constant in prayer

Our Response

- ▣ Presence
- ▣ Prayer
- ▣ Physical Needs
- ▣ Patience

Our Response

- ▣ Presence

- II Corinthians 1:3-4

- “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.”

Our Response

- ▣ Prayer

- Psalms 102:1

“A prayer of an afflicted person who has grown weak and pours out a lament before the Lord. Hear my prayer, Lord; let my cry for help come to you.”

Our Response

- ▣ Physical Needs

- Matthew 25:35-40

“...And when did we see you sick or in prison and visit you?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’”

Our Response

- ▣ Patience

- Colossians 3:12-15

- Ephesians 4:1-3

“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love. . .”

Depression Screening

Am I depressed or do I have
Depression?

The Depression Scale

Seth Gillihan, Ph.D. (2016)

THE DEPRESSION SCALE

Over the past two weeks, how often have you been bothered by any of the following problems? Circle the number that matches your response for each item.

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself, or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed; or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3

Add up each column and write the totals here:

_____ + _____ + _____ + _____

= Total Score: _____

Your total score provides an estimate of the degree of depression that you're experiencing:

- 0–4 Minimal
- 5–9 Mild
- 10–14 Moderate
- 15–19 Moderate to Severe
- 20–27 Severe

Let's Be Clear

- ▣ Depression is NOT a sin
- ▣ Satan is more than willing to use Depression as a temptation



Jeremiah 20:7

Psalms 42:9-10

Psalms 40:1-3



JOY within the PAIN

Philippians 4:4

Psalms 42

¹¹ **“Hope in God;
for I will again praise Him,
my salvation and my God.”**