



# Depression

Clinical criteria  
scripture and resources



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# Overview

CLINICAL CRITERIA

EXPERIENCE OF SCRIPTURE

HOW TO HELP

RESOURCES

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# CLINICAL CRITERIA FOR DEPRESSION

Five or more symptoms during the same 2-week period and at least one of the symptoms should be either (1) depressed mood or (2) loss of interest or pleasure.

1. Depressed mood most of the day, nearly every day.
2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
3. Significant weight loss when not dieting or weight gain, or decrease or increase in appetite nearly every day.
4. A slowing down of thought and a reduction of physical movement (observable by others, not merely subjective feelings of restlessness or being slowed down).
5. Fatigue or loss of energy nearly every day.
6. Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
7. Diminished ability to think or concentrate, or indecisiveness, nearly every day.
8. Recurrent thoughts of death, **recurrent suicidal ideation** without a specific plan, or a suicide attempt or a specific plan for committing suicide.

# MEDICAL CONDITIONS

- Stroke
- Heart disease
- Chronic pain, fibromyalgia, chronic fatigue
- Multiple sclerosis
- Hypothyroidism
- Hormone imbalance 2
- HIV
- Postpartum depression
- Cancer



# SCRIPTURAL EXPERIENCE OF DEPRESSION

Psalm 6:6-7

I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.

Psalm 42:3

My tears have been my food day and night

Job 30:15 “Terrors overwhelm me...my life ebbs away, days of suffering grip me. Night pierces my bones, my gnawing pains never rest.”

II Cor 1:8 We do not want you to be uninformed, brothers and sisters,[\[a\]](#) about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

# SCRIPTURAL EXPERIENCE OF DEPRESSION

For my days vanish like smoke;  
my bones burn like glowing embers.

4

My heart is blighted and withered like grass;  
I forget to eat my food.

5

In my distress I groan aloud  
and am reduced to skin and bones.

6

I am like a desert owl,  
like an owl among the ruins.

7

I lie awake; I have become  
like a bird alone on a roof.  
psalm 102

My heart is in anguish within me;  
the terrors of death have fallen on me.

5

Fear and trembling have beset me;  
horror has overwhelmed me.

6

I said, "Oh, that I had the wings of a dove!  
I would fly away and be at rest.

7

I would flee far away  
and stay in the desert;<sup>[c]</sup>

8

I would hurry to my place of shelter,  
far from the tempest and storm."  
Psalm 55

# SCRIPTURAL EXPERIENCE OF DEPRESSION

“Oh, that I might have my request, that God would grant what I hope for, that God would be willing to crush me, to let loose his hand and cut off my life! - Job (Job 6:9)

“When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah’s head so that he grew faint. He wanted to die, and said, “It would be better for me to die than to live.” “And I’m so angry I wish I were dead.” - Jonah (Jonah 4:8-9)

“Yet what shall I choose? I do not know! I am torn between the two: I desire to depart and be with Christ, which is better by far...” - Paul (Phil 1:23)

“From my youth I have suffered and been close to death; I have borne your terrors and am in despair. Your wrath has swept over me; your terrors have destroyed me. All day long they surround me like a flood; they have completely engulfed me. You have taken from me friend and neighbor—darkness is my closest friend.” - Heman (Psalm 88)

“I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit; I am like one without strength. I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care”. -Heman (Psalm 88)

# HOW TO HELP

- LISTEN

- VALIDATE

“It makes sense why you would be feeling this way with everything you have been going through.”

“You have been struggling for a long time, I can see you are exhausted.”

- ASK FOLLOW-UP QUESTIONS

- LINK WITH SUPPORTS

“It seems like you have really been having a hard time, would it be ok if I gave you some resources to check into when you have time?”



# Extra Dose of Support



- When emotions begin to feel uncontrollable
- Ongoing/continuous
- Emotions are interfering with day-to-day life
  - Inability to get out of bed
  - Chores/daily tasks require extra effort, or don't get done
- Increased relationship conflicts/arguments
- Persistent disrupted sleep (consistently less than 7-8 hours)
- Increased substance use
- Thoughts of death, suicide, harming self/others

# Local/National Resources



- NAMI.ORG
- SEARCH LOCAL MENTAL HEALTH AUTHORITY
- LOCAL CRISIS HOTLINES
- LIFELINE 800-273-8255
- CRISIS TEXT LINE
  - TEXT "HOME" TO 741-741
- 24/7 Statewide COVID-19 Mental Health Support Line 833-986-1919

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