



Date: April 19 | Series: Anchored Soul | Title: Lost at Sea

Hebrews 6:17-18, Hebrews 10:23-25

How can we spot depression?

1. Are you persistently feeling SAD, ANXIOUS or EMPTY, HOPELESS, GUILTY, WORTHLESS?
2. Do your feelings negatively impact your ability to WORK, PLAY, and RELATE?
3. Have you lost MOTIVATION to do the things you love?

What can we do?

1. Survey your HEALTH.
2. Slow the PACE.
3. Seek a new PERSPECTIVE.
2 Corinthians 12:7-10
4. SOLICIT God's opinion above ALL.
5. Signal for HELP.
Colossians 1:3-5

HOPE always brings forth LOVE.

RESOURCES

- *Celebrate Recovery, Fridays at 7pm, ACF Sanctuary*
- *Suicide Hotline 1-800-273-8255 (talk)*
- *Cornerstone Christian Counseling (907) 522-7080
(Mention you are from ACF Church for a discount)*
- *Air Force Mental Health (907) 580-2181*
- *Army Beh. Health (907) 384-0405*