

Resources: Depression

Support/Talk:

National Alliance on Mental Illness 800-950-6264 or text 62640

Teen Line 800-852-8336 or text TEEN to 839863

National Suicide Prevention Lifeline: 800-273-8255

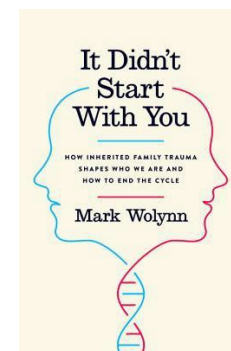
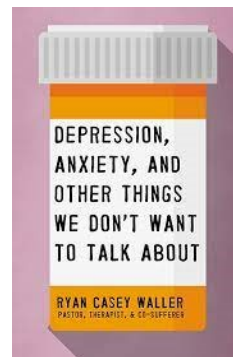
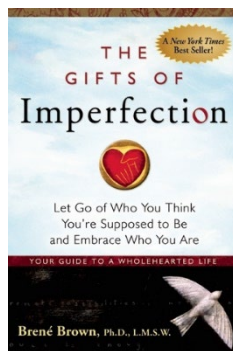
Listen:

Podcast: The Hilarious World of Depression with host John Moe

Podcast: The Hardcore Self Help Podcast with Duff the psych

Podcast: Mad World with Bryony Gordon

Read:



*Books available at church office *Resource list available on Westwood website