



How to Help Someone Who Is Depressed

Pamela J. Wells

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Whether you are depressed yourself, or know someone who is, this book is for you! I've interviewed several different people. I did not interview a psychiatrist. I don't want this book to be from a clinical point of view. I am not a doctor or a psychiatrist. I have, however, been through severe depression as well as an attempt at suicide. I have no degrees or clinical training. I simply want to educate people on what depression is like to live with. Hopefully through this book I can help both the depressed and those who love someone who is depressed.

I make it clear in my own story that I'm a Christian, however I did not base my interviews for 'Christians only'.

I am writing this book in an attempt to shine some light on the subject of depression. I want to help those who have not experienced it to gain some understanding of what it is like. If you want a clinical point of view then this book isn't for you. If you love someone who is depressed and are frustrated because you don't know what to say or how to help them then please, read on and hopefully you will find some answers here.

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