

**FOR:** Lighthouse Network  
**LENGTH:** :60  
**Title:** Considering Depression Medication  
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**INTRODUCTION:**

**Welcome to Life Change with Christian Psychiatrist Dr. Karl Benzio.**

**BODY:**

**As a psychiatrist, I'm often asked, "When should I consider medications for depression?"**

Psychiatric medications are very controversial, especially in Christian circles. Depression, though, is a very serious and complex disorder with roots in all 3 spheres – spirit, mind, and body. Ideally, we would like to address sadness and depression very early, implementing psychological and spiritual skills. But for some, depression progresses, and symptoms like guilt, low energy, poor concentration, hopelessness, or thoughts of death start to impact functioning and become the lenses through which a person sees life, themselves, and even God. Although not a cure, antidepressants can help alleviate symptoms so the person can get over the hump and glorify God more.

**CLOSE:**

**If you or a loved one is struggling, go to [844lifechange.org](http://844lifechange.org) or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well!**