

**FOR:** Lighthouse Network  
**LENGTH:** :60  
**Title:** Clinical Depression  
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**INTRODUCTION:**

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

**BODY:**

**People have said to me, “My family doctor says my wife has clinical depression? What does he mean?”** Everyone has an occasional sad day or even a week of feeling depressed. But 17 percent of the U.S. will experience clinical depression, defined as being depressed for more than 2 week to the point that it dramatically interferes with daily functioning, often affecting appetite, sleep, energy, motivation, concentration, and memory. Feelings of hopelessness, helplessness, and guilt are also common. But most dangerous is the distorted lens through which people view themselves and God – sometimes leading to hallucinations, delusions, or suicidal thoughts. The good news is that depression is easily treatable with talk therapy, spiritual skills, and medications.

**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!**