



# Living with Depression

*So Strange A Road*



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**CHRISTIAN FOCUS**





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## Introduction

These past months have been baffling in the extreme. A depressive illness is often much harder to bear than a physical complaint, its distress the greater because few people understand. As a result the sufferer feels very alone, and wonders if there is anyone else at all who, from personal experience, can identify with their pain.

What a relief it has been to discover that there are such people! I have needed to know that and perhaps you do too. So I've written this booklet simply to say 'You are not alone. I feel for you because I know what it is like.' I should add that this is very much a personal story and some aspects of my journey will be different from yours. I am sure, however, that there will still be common ground, enabling us to identify with one another.



### *Introduction*

Maybe this story will offer you some comfort and reassurance and that will make the challenge of writing it worthwhile. I also wanted to share those factors which have helped and those which haven't, as I've travelled this difficult stretch of the route. Such guidelines might be of use to anyone seeking to help a person suffering from a depressive illness.

How much I have valued the love and understanding of my husband and three grown children, also the skill and sympathy of my doctor, and the kindness shown by many friends. All have been strong evidence to me of God's concern and constant care.

