

## Depression Matters

Shifting Incomplete Stories of Depression Towards Truth

### Get Help:

- [Remedy Live](#)
- Covenant House 1800-999-9999
- RAINN – 1800-656-HOPE
- National Domestic Violence Hotline: 1800-799-7233
- Teen Dating Abuse: 1866-331-9474
- Child Help-1800-4aChild
- Text “safe”+your location to “69866” for immediate help from National Safe Place
- <http://www.Loveisrespect.org> – Live Chat Feature

### Websites:

<http://remedylive.com/switchfoot-talks-depression/>  
<https://www.7cupsoftea.com/depression-help-online/>  
<http://www.crisischat.org/faq/>

### Videos:



**How to Talk About Depression**



**Why Do People Say, "It Will Get Better?"**