

How to Talk to Your Doctor About Depression as a Christian

A gentle appointment prep sheet for talking honestly with a medical professional.

Still Here Faith - Not a ladder. A chair.

What to say

I have been feeling depressed and it is affecting my daily life. I would like to talk about options.

My sleep, appetite, energy, concentration, or mood has changed.

I have faith, but I also want appropriate medical guidance.

What to bring

A short symptom list. Current medications and supplements. Sleep changes. Appetite changes. Any safety concerns. Questions about therapy, medication, labs, referrals, or follow-up.

Questions to ask

What treatment options should I consider?

Should I see a therapist, psychiatrist, or specialist?

What side effects should I watch for if medication is discussed?

When should I seek urgent help?

Faith note

You do not have to choose between faith and wise medical care. Your doctor does not need perfect words from you. Honest words are enough.

Safety note: This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you might hurt yourself or are not safe, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.