

WATCH: How the Christian Can Overcome Depression

God's plan is not for you to be depressed. He wants you to experience His joy no matter the circumstances of your life.

Yet approximately 20 million people suffer from clinical depression, feeling hopeless, listless and stuck.

The voice of depression says you cannot move out of the darkness blanketing your life. But nothing could be further from the truth. There is much you can do to lift yourself out of that stuck place.

What is the difference between depression and just being sad? Licensed Family Therapist Dr. Linda Mintle explains the difference and concrete steps you can take to get help and find healing.{eo}

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