

Finding Hope in Depression

On a bone-cold night in January 2000, Kristen Anderson made the impulsive decision to take her own life. She walked to the railroad tracks not far from her Chicago home, lay down on the ground, and 33 freight cars roared over her body at 55 miles per hour. The botched suicide attempt left Kristen in piercing pain and with no legs, but she says God would not let her die. She accepted Jesus in her life in 2003, and today she offers hope to people struggling with depression and suicide. To hear Kristen's moving testimony, listen to podcast.

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