

Restoring Hope and Choosing Life Resources

A video for those who are suffering with depression, despair, or suicidality.



No matter how long or deeply we've suffered in a dark place, Christ has opened the path of life, love and true fulfillment by His cross. We pray that His life-giving Word will flow through this video into your soul today.

Resources:

Need more teaching and prayer on hope vs. despair?

Listen to this [audio recording](#) of a ministry session on the virtue of hope from our Wheaton school.

Clay McLean's 3-part teaching on recovery from depression

A heart-to-heart talk by Clay about the roots of depression and a loving invitation to come up into God's healing light (Grieving Childhood Losses; Recognizing Self Pity; Extinguishing Burnout) available at mcleanministries.org.

United States:

National Suicide Prevention Lifeline – 1-800-273-TALK (8255)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

To connect with a counselor for emotional support and other services via web chat visit the Lifeline [website](#).

New Hope Crisis Counseling Hotline – 714-NEW-HOPE (714-639-4673)

New Hope Crisis Hotline provides telephone intervention and telephone suicide prevention counseling. Trained crisis workers provide peer counseling to those who are struggling to cope with day to day life. Services are free, and are available 24 hours a day/7 days a week. A faith based, ecumenical program of Catholic Charities of Orange County.

Need help finding a skilled counselor?

We've provided this [guide](#) on finding and working effectively with a counselor, pastor, or mentor in your healing journey.

If you're unable to find a personal referral in your area, Focus on the Family provides this Christian counselor [referral service](#).

New Zealand:

[Lifeline Aotearoa](#) Call 09 5222 999 if you live within Auckland or 0800 543 354 for those outside of Auckland.

UK:

[Samaritans](#) Call 116 123, Email jo@samaritans.org.