

Tip Sheet: Talk with a Trusted Chaplain

Many are trained in pastoral counseling, and can help you with the issues that are causing you to feel depressed and not like yourself. Ideally, you would talk to your chaplain or clergy member on a regular basis, perhaps once a week or every two weeks, until you're feeling better.

Chaplains and clergy are also good at recognizing when and if you may need to speak with a professional counselor.