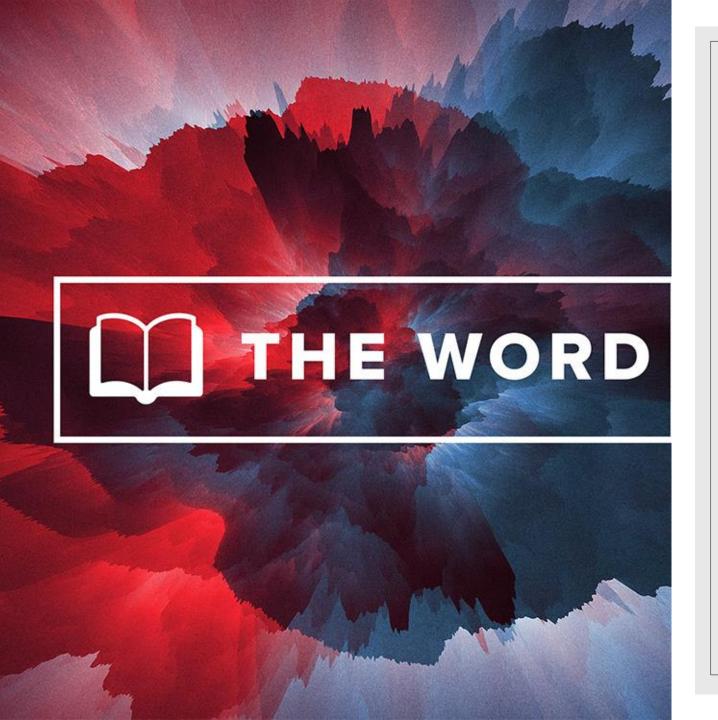


What is Mental Health?

- Mental health is about your feelings, your thinking, your emotions and your moods.
- ❖ The Bible does not explicitly speak on the topic of mental health; however, it does have a lot to say about the heart and mind, spiritual brokenness, and the condition of the soul. Mental health is important, as it affects the whole being: "Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23).
- Mental health is linked to the health of both the body and the spirit.

We all have mental health





- 3 John 2 Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.
- Philippians 4: 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God

 Matthew 11:28 - "Come to me, all who labor and are heavy laden, and I will give you rest."





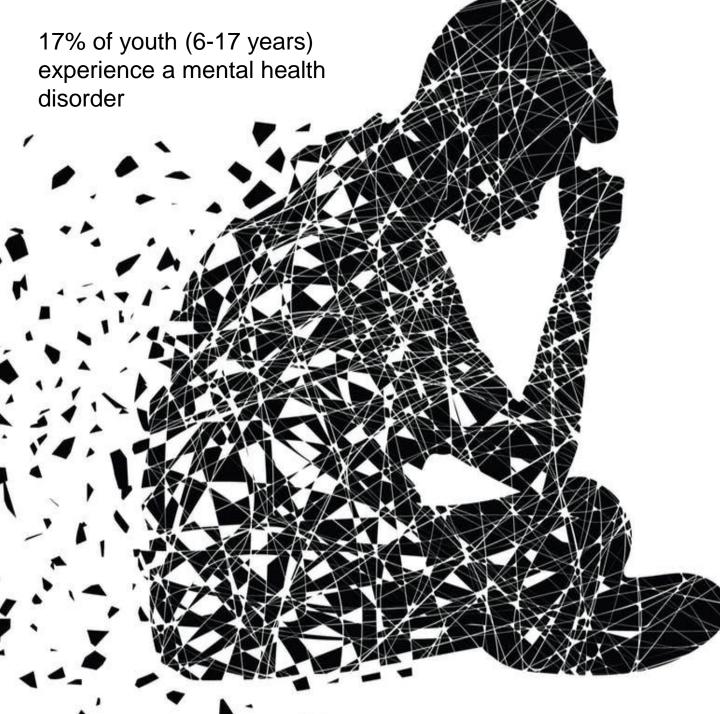
We all have mental health, some of us have mental health problems.

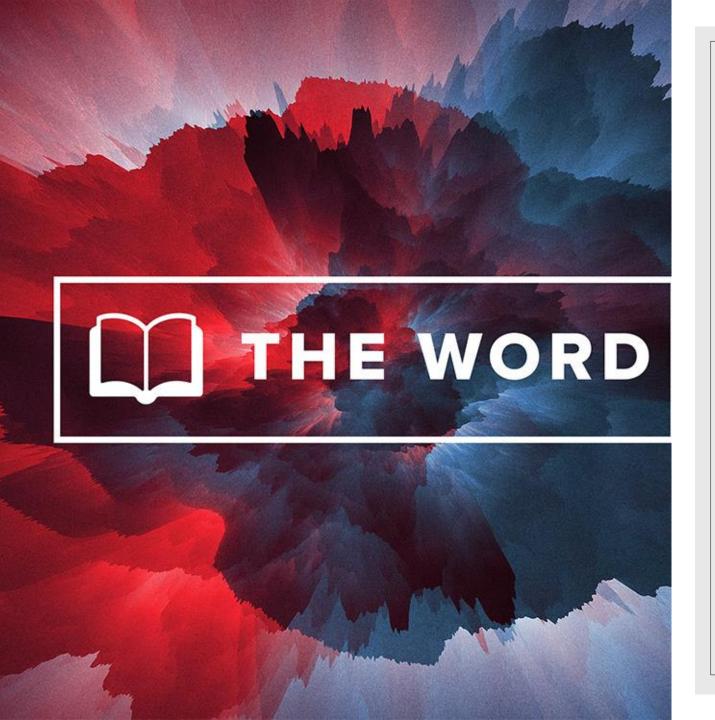
MENTAL HEALTH CONTINUUM

1 in 5 U.S. adults experience mental illness

1 in 20 U.S. adults experience serious mental illness

- **Anxiety***
- Depression*
- **Eating problems**
- Schizophrenia
- **Phobias**
- **Obsessive Compulsive**
 - **Disorder**
- **Bipolar Disorder**
- PTSD





- Ps. 38:4- David's cried out and says: "My guilt has overwhelmed me like a burden too heavy to bear."
- 1 Kings 19:4 :After great spiritual victories over the prophets of Baal, this mighty man of God feared and ran for his life, far away from the threats of Jezebel. And there in the desert, he sat down and prayed, defeated and worn:

"I have had enough Lord, he said. Take my life, I am not better than my ancestors."

- Jerermiah 20:14 "Jeremiah wrestled with great loneliness, feelings of defeat, and insecurity.
- "Cursed be the day I was born...why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?"

•Rates of suicide among Black youth have risen faster than in any other racial/ethnic group in the past two decades, with suicide rates in Black males 10-19 years-old increasing by 60%.

The American Academy of Child and Adolescent Psychiatry (2022)

Normal Sadness vs. Clinical Depression

Normal Sadness

- Feel sad but also have periods of feeling "normal"
- Able to experience range of emotions, including joy, happiness
- Have emotional reactivity
- Sleeping, eating, concentration rarely affected for long periods

Clinical Depression

- Sad, depressed mood most of the time for at least 2 weeks
- Anhedonia: difficult to experience pleasure
- Hopelessness
- Loss of mood reactivity
- Difficulty sleeping, concentrating;
 change in appetite, fatigue
- Suicidal thoughts

Suicidal feelings

- Suicidal feelings can range from being preoccupied by abstract thoughts about ending your life, or feeling that people would be better off without you, to thinking about methods of suicide, or making clear plans to take your own life. (1 Kings 19:4)
- Many people think about suicide at some point in their lifetime. "I don't care if I wake up tomorrow"
- Wanting to escape from suffering, whether emotional or physical, is a very human condition.



Barriers to Help Seeking •

Stigma of mental illness

Belief that suicide is a "white thing"

Belief that suicide is not an option for "real men"

Belief that black women are "super women" who don't "crack" under pressure

Depression symptoms may look different. For example, more outward frustration and anger than sadness

Pastors make jokes about mental illness from pulpit

Using negative view of mental illness or seeking professional help in sermon or Bible study

What you can do

Give	Create	Familiarize	Develop	Acknowledge	Knowldege
Give church members "permission" to seek help thru •Sermons •Bible study •Sunday school	Create support systems in church	Familiarize yourself with available resources	Develop partnerships with MH professionals	Acknowledge that real people experience real challenges\	Increase your knowledge through training and workshops (i.e. suicide identification and intervention training)

