

MENTAL HEALTH

What is Mental Illness? Mental illnesses are health conditions involving significant changes in thinking, emotion, or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work, or family activities. Mental illnesses are treatable. The vast majority of individuals with mental illness continue to function in their daily lives. Mental illness is common.

- Nearly 1 in 5 (19%) adults and 1 in 5 kids in the U.S. experiences some form of mental illness in a given year
- 1 in 24 (4.1%) adults has a serious mental illness
- 1 in 12 (8.5%) adults has a substance use disorder

Common Mental Illnesses:

- Anxiety Disorder
- Depression
- Bipolar Disorder
- Schizophrenia
- Substance Use Disorder
- PTSD

Mental Health	Mental Illness
<p>Mental health involves effective functioning in daily activities resulting in:</p> <ul style="list-style-type: none"> • Productive activities (work, school, caregiving) • Fulfilling relationships • Ability to adapt to change and cope with adversity 	<p>Mental illness refers collectively to all diagnosable mental disorders – health conditions involving:</p> <ul style="list-style-type: none"> • Significant changes in thinking, emotion, and/or behavior • Distress and/or problems functioning in social, work, or family activities

Ways to Build Resilience

- Build connections with family and friends
- Develop realistic goals and take small, regular steps toward them
- Boost mental health by remembering that the mind and body are connected - eat right, exercise, get enough sleep, and take care of health problems promptly
- Nurture a positive view of self
- Avoid alcohol and other drugs
- Reach out to help others
- Accept that change is part of living
- Look for growth in loss

Precipitating Events

- Substance misuse
- Significant sleep changes (too much/too little)
- Family dysfunction
- Abnormal bereavement
- Diminished social support - the person perceives he/she has no one to depend on or confide in or has recently withdrawn from supports

Assessing the Person

- **Level of distress** - How much distress, discomfort, or anguish is he/she feeling? How well is he/she able to tolerate, manage, or cope?
- **Level of functioning** - Is he/she capable of caring for self? Able to problem solve and make decisions?
- **Possibility for danger** - Is there danger to self or others, including thought of suicide or risky behavior?

Ways to Help

- Listen and give encouragement
- Recommend seeking medical support
- Encourage healthy community
- Offer help around the house, bring meals, drive to appointments/ church, provide childcare

American Psychiatric Association Foundation

Communication Issues	Problematic Terminology	Preferred Terminology
Language that perpetuates stigma	“Crazy,” “Nut job,” Maniac”	“Person living with mental illness”
Inaccurate description of mental illness	“The weather is schizophrenic,” “I’m so OCD”	Only use mental health terms in correlation with accurate mental health descriptions
Over-spiritualizing mental illness	“Just pray more,” “It’s the devil getting to you”	The person is a whole being: mental, emotional, physical, relational, spiritual
Deny/trivialize the existence of mental illness	“Others are worse off,” “There’s no reason to feel depressed,” “Stop thinking about it”	“I may not fully understand, but I want to know more,” “I’m here for you”
Thinking it will go away on it’s own, that time alone will heal	“It’s just a phase,” “I should be able to handle this on my own”	Treat early: Like physical health, we treat cancer at stage 1, we don’t wait until it gets to stage 4

Kay Warren

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Quotes by Kay and Rick

“Mental health is as much health as physical health.”

“It’s not a sin to be sick. Illness is illness.”

“Your illness is not your identity.”

“Your chemistry is not your character.”

“Mental health is like a game of poker. You’re dealt cards and you don’t get to choose which cards are in your hand. But, you do get to choose how you play them. There are some things that you do not control in life. One of them is your chemistry. You didn’t choose a mental illness, but you do have the choice of how you will respond to what has been given to you.”

“Mental illness is real, common, and treatable.”

“Studies have shown that about 25% of people who find themselves in a mental health crisis call the church before they seek out a mental health professional or before they see their primary care physician.”

“If you really want to have a ministry to people living with mental illness, it starts with making a decision to care. That doesn’t cost any money. Caring is something that every church can do. It doesn’t cost a penny to remove the stigma around mental illness.”

“I believe that Jesus is asking each of us to move towards our brothers and sisters living with mental illness with our arms wide open in radical friendship.”

“Believe that you are capable in God’s strength of handling anything.”

“Decide today that nothing can destroy you. You can make a decision that you will not let anything destroy you.”

“Emotions are given to us by God – even the negative ones. The reason why we have emotions is because God is an emotional God. The Bible says we are made in His image. We’re not saying to be mentally healthy you don’t have emotions. In fact, it’s the opposite. Feelings are meant to be felt. By their very nature.”

“No feeling lasts. Every feeling by its nature cannot last.”

“We have the utmost respect for those of you who live with a severe mental illness. We have the utmost respect for those of you who follow Jesus when it doesn’t ever feel good. Our hearts go out to you.”

“You’re a body, soul, and a spirit and you have a mind. You have a will and you have emotions. There are different parts of you. And what that means is what all of that is involved in mental health.”

Verses

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13 (NIV)

Meanwhile, the moment we get tired in the waiting, God’s Spirit is right alongside helping us along. If we don’t know how or what to pray, it doesn’t matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That’s why we can be so sure that every detail in our lives of love for God is worked into something good. Romans 8:26-28 (MSG)

The LORD himself will lead you and be with you. He will not fail you or abandon you, so do not lose courage or be afraid. Deuteronomy 31:8 (GNT)

The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name will trust in you, for you LORD, have never forsaken those who seek you. Psalm 9:9-10 (NIV)

Hope returns when I remember this one thing: The LORD’s unfailing love and mercy still continue, fresh as the morning, as sure as the sunrise...and so in him I put my hope. Lamentations 3:21-24 (GNT)

Be strong. Take courage. Don’t be intimidated...your God, is striding ahead of you. He’s right there with you. He won’t let you down; he won’t leave you. Deuteronomy 31:6 (MSG)

There is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord. Romans 8:39 (GNT)

Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:31 (NLT)

I will never leave you; I will never abandon you. Hebrews 13:5 (GNT)