



Elephants in the Room

Tackling the topics we don't like to talk about

Part 2: Mental Health

Stats

- **1 in 5 US Adults will experience a mental illness this year**
- **1 in 20 Adults will experience a serious mental illness**
- **25% of Adults facing a mental health crisis will go to a church first for help**
- **With Youth and Young Adults ages 18-25 1 in 3 have faced mental illness and 1 in 6 have faced a serious mental illness**

Defining the Terms

DEPRESSION: a common mental health problem that involves a low mood and a loss of interest in activities. It is marked by weeks or months of decreased mood and interest as well as “emotional numbness”

ANXIETY: A feeling of apprehension and fear, characterized by physical symptoms such as palpitations, sweating, and feelings of stress.

Defining the Terms

PTSD: a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

BURN OUT: a psychological syndrome emerging as a prolonged response to chronic interpersonal stressors on the job. The three key dimensions of this response are an overwhelming exhaustion, feelings of cynicism and detachment from the job, and a sense of ineffectiveness and lack of accomplishment.

Myths About Mental Health

**Mental Health issues are a result of secret
sin**

Saul

1 Samuel 16:14

Nebuchadnezzar

Daniel 4:32

Jesus

Galatians 3:13

Myths About Mental Health

**The key to fixing your mental health issues is
to pray and read the bible more**

Myths About Mental Health

Taking medications is a lack of faith

The Truth About Mental Health

Physiological Imbalances

The Truth About Mental Health

Life Trauma: Stress, overload, lack of selfcare

The Truth About Mental Health

Spiritual Oppression

Mark 5:1-7; Luke 11:14

God and Your Mind

Jesus is your healer

Acts 10:38; Matthew 15:30

God and Your Mind

Jesus is present in your suffering

Mark 5:1-7; Psalm 88:10-12,18

The Truth About Mental Health

You can renew your mind

Romans 12:2

How can you address your mental health?

1. Find Balance, Body, Soul, and Spirit

1 Thessalonians 5:23

2. Be Open About Your Struggles

James 5:16

3. Fight for Hope

Romans 5:14; Isaiah 40:31



**How are you handling your
mental health?**