

# 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.

- 53.1 million Americans (1 in 5 adults) experience some form of mental illness in a given year and nearly 5 million children (1 in 5) have some type of serious mental illness.
- Anxiety disorders affect 19.1% of adults.
- 17 million U.S. adults experienced both mental illness and a substance use disorder in 2020.

**Common Mental Illnesses:**

- Anxiety Disorder
- Depression
- Bipolar Disorder
- Eating Disorder
- Schizophrenia
- Substance Use Disorder
- PTSD (Post-Traumatic Stress Disorder)

NIMH, NAMI, WebMD, and National Survey on Drug Use and Health

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

**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- Diminished social support - the person perceives he/she has no one to depend on or confide in or has recently withdrawn from supports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

Above taken from the American Psychiatric Association Foundation

Communication Issues	Problematic Terminology	Preferred Terminology
Language that perpetuates stigma	“Crazy,” “Nut job,” “Maniac”	“Person 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

# MENTAL HEALTH

## Quotes by Kay and Rick

“It’s not a sin to be sick.”

“Your illness is not your identity.”

“Your chemistry is not your character.”

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

“Jesus asks us to move towards our brothers and sisters with mental illness with our arms wide open in radical friendship; to love as we have been loved.”

“You are a whole person – body, mind, and spirit, and all of that is a part of mental health.”

“Your greatest ministry always comes out of your deepest pain.”

“Despair and hopelessness often grow in the absence of meaningful social connections.”

“Shame has no place in our conversations about mental illness.”

“The medical community will simply never be able to meet all the physical, emotional, and spiritual needs of people with mental illness. But with the faith community as a partner, individuals can be given whole person support, increasing the likelihood of recovery and wellness.”

“Approximately one in five adults will experience a mental illness in the coming year. That means everyone knows someone who is affected by mental illness.”

“No one should go through a mental health crisis alone. We all need a support system of family, friends, mental health professionals, support groups, and a faith community in challenging times.”

“When faith communities open their hearts and their doors to people with mental illness and commit to walk with them on their path toward wellness, suffering is reduced and connections grow. People may see for the first time that they matter and there is a purpose for their life.”

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

## 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)

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 trust in you, for you LORD, have never forsaken those who seek you. Psalm 9:9-10 (NIV)

Yet 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. The LORD is all I have, 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 (The Message)

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)

But 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)

“Don’t panic. I’m with you. There’s no need to fear for I’m your God. I’ll give you strength. I’ll help you. I’ll hold you steady, keep a firm grip on you. Isaiah 41:10 (The Message)