

Mental Health

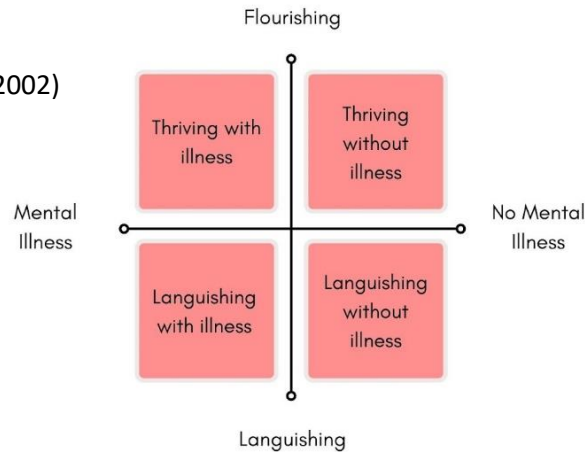
Feeling depressed and being depressed

Three D's indicate when to get help

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/>

A model

Dr Corey Keyes (2002)



We are all on this continuum, therefore:

We can help

Avoids the stigma of 'them' and 'us.'

We seek God together

C.S. Lewis' "the old bittersweet," Luther's "anfechtung"

Why mental health is so hard

Hidden cf Matthew 9v2

Diagnosis ≠ cause

Long-term

Episodic

Context specific

What help helps

Medical help

Self-care: 9 things – activity, routine, plan one positive thing each day, conversation, accept you are ill, one moment at a time, try church, seek medical help, run to Jesus.

Spiritual help – it will be harder to do social things, harder to read, to concentrate and to leave the house so extra help will be needed to engage with church in a meaningful and appropriate way.

Caring for carers

Share the care

Sustainable sacrifice for the long term

What help helps

Practical and Spiritual care

Staying Safe

Develop language and methods of communication

Encourage the making and use of a safety plan

<https://stayingsafe.net/assets/pdfs/BlankSafetyPlan.pdf>

Safeguarding – when does it become a safeguarding issue?

Behavioural Risk Assessment

A theological framework for suffering

Ecclesiastes and Romans 8

The pattern



Living with a tension

Groaning is good

Look above the sun

Learn from Peter Pan

A Spiritual lifeline – The Psalms

It's OK to have no words

You'll never walk alone

Examples to cling to

A Biblical Imperative

Deut 10:17-19

Isaiah 1:17

John 5:1-15

Matt 9:2

What can churches do to help?

Reasonable adjustments

Consistent and clear meetings

Be a...

Family (*1 Tim 5*)

Body (*1 Cor 12:12-31*)

Flock (*Acts 20:26-35, 1 Pet 5:1-4*)

Fellowship (*Acts 2:42-47, Acts 6:1-7*)

Gathering (*Acts 2:46, see also Acts 20:20-21, cf Acts 19:9-10*)

Book recommendations: Helen Thorne and Dr Steve Midgley, *Mental Health and your Church*; Dr Jim Winter, *Depression, A rescue plan*; Sarah Collins and Jayne Haynes, *Dealing with Depression*; Dr Stephen Grcevich, *Mental Health and the Church*; David Burns, *The feeling good handbook*; Mark Meynell, *When darkness seems my closest friend*; Matthew Walker, *Why we sleep*.