

Whilst we are gathering ...  
*“What do you like to do that makes you feel most like you?”*  
*“What things fill your bucket?”*  
**Please ponder and discuss**

Faith & Mental Health  
*Welcome!*

- ### Aims of the Seminar
- To stimulate further conversation and action about Mental Health at St Andrews
    - What is Mental Health?
    - What does the Bible say?
    - How to keep well Mentally and Spiritually
    - How can we become more welcoming, understanding and supportive of people with poor mental health?
  - Provide pointers to sources for further inspiration

- ### Approach
- Interactive
  - Confidential
  - Keeping yourself safe

### Definition

In 2014 the World Health Organisation defined the term mental health as

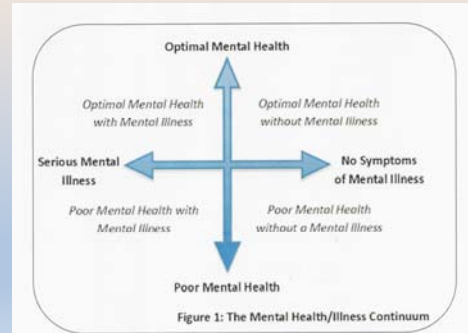
*“... a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”*

- ### True or False
1. People with mental illness should be avoided they're dangerous
  2. People are born with mental illness
  3. Mental illness is incurable, it's life long
  4. Mental illness is not real
  5. Faithful Christians don't or shouldn't have mental health problems
  6. People should pull themselves together, they're just imagining it
  7. Mental illness is caused by brain damage
  8. People can have both mental illness and wellness
  9. People with mental illness look like you and me
  10. I don't know anyone who has or has had mental illness issues

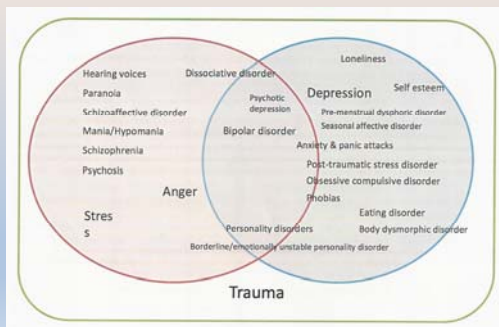
### Who is Effectuated?

- 1 in 4 of us will be effected at some time in our lives
- Poor mental health can affect any of us
- Teenagers under pressure from social media
- 'Taking one's own life' is the greatest reason for death in men under 45

### Mental Health Continuum



### Types of Mental Health Problems



### What does the Bible Say?

- Each one "fearfully and wonderfully made" Ps139v14
- God's people experience depression (eg Job 3v11)
- The Lord accepts us even at our most distressed (Elijah: 1 Kings 19)
- We may not know what others are experiencing but we can still help them to connect with Jesus (Mark 2)
- There is always HOPE!

### Keeping Well

- Filling your bucket
- Knowing what de-stresses you
- Concrete objectives
- Keeping connected
- Keeping active
- Regular pattern of activities
- Prayer and Mindfulness

### Some Suggestions

- Memory jogger ticket
- Tally Jar
- Examen – an attitude of thankfulness
- Holding on to Bible verses
- Spiritual reading
- Wellness Plan

### Becoming More Understanding

### How Not To Pray ...

- Video played here ...

### Discussion

- What could we do to better support those with poor mental health?
- ... for example in Welcome, Understanding, Support, Care, Environment, Outreach

### Some Resources

- **MIND** – mental health charity
- **Mind and Soul Foundation** – supporting churches and mental health professionals
- **Mental Health First Aid (MHFA)**
- **Livability** – “developing a dementia friendly church”
- **Headspace**
- **Various Authors** (eg van der Hart & Waller)