**Re|Shaping the Mental Health Conversation Biblically**

This class is designed to share recommendations and resources to address critical issues that negatively impact believers and unbelievers

**I. Recommendations for Addressing Mental Health Issues**

Listed below are suggestions for churches to adequately address mental health issues.

1. - Giving people who struggle with mental

health issues or have overcome them the opportunity to share their stories.

**Revelation 12:11**

*“And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.”* (KJV)

1. - Offering classes that address mental

 health issues, whether they be small

 groups or support groups.

**Acts 11:26**

*“And when he found Saul, he brought him to Antioch. For a whole year Saul and Barnabas met with the church and taught many people there. In Antioch the followers were called Christians for the first time.”* (NCV)

1. - Bringing in speakers from the medical

 community to address mental health with

 the church members.

**Acts 13:42**

*“As Paul and Barnabas were leaving the synagogue, the people invited them to speak further about these things on the next Sabbath.”* (NIV)

1. - Preaching sermons from the pulpit using

the Bible to address mental health issues.

**Acts 20:20**

*“You know that I have not hesitated to preach anything that would be helpful to you but have taught you publicly and from house to house.”* (NIV)

1. - Designating a specific time to pray for

and with those affected by mental health issues.

**Ephesians 6:18**

*“Never stop praying, especially for others. Always pray by the power of the Spirit. Stay alert and keep praying for God's people.”* (CEV)

**II. Resources for Addressing Mental Health Issues**

Listed below are various people who can help churches come alongside those who suffer with mental health issues.

1. - Individuals trained to diagnose and treat people coping with difficult life experiences, such as: grief, relationship problems, mental health conditions, such as bipolar disorder or schizophrenia. Mental health counselors provide counseling on an individual or group basis and they are not allowed to provide medication because they are not equipped with a license. However, many work with healthcare providers who can prescribe medications when needed.
2. - A religious counselor who is trying to provide counseling. They often combine psychological methods with religious training to promote psycho spiritual healing. Pastoral counselors can't prescribe medication. However, some develop professional relationships with healthcare providers who can prescribe medication's when needed.
3. - People who have personally experienced and recovered from mental health challenges. They provide support to others who are going through similar experiences. Peer specialist act as role models and sources of support. They share their personal experiences of recovery to give hope and guidance to others.
4. - individuals trained to diagnose and treat mental health conditions and challenges, such as: depression, anxiety disorders, eating disorders, learning difficulties, relationship problems, and substance abuse. A psychologist can potentially help you learn to manage your symptoms through counseling or other forms of therapy. They can prescribe medicine. However, when they can't, psychologists can work with other healthcare providers who can prescribe medication.
5. - Clinical social workers are professional therapist who generally haul a master's degree in social work. they are trained to provide individual and group counseling and cannot prescribe medication.

**III. Results for Addressing Mental Health Issues**

Listed below are favorable outcomes from churches addressing mental health issues.

1. for members is a favorable outcome of churches addressing mental health issues.

**Psalm 26:3 “***For I am always aware of your unfailing love, and I have lived according to your truth.”* (NLT)

1. for members is a favorable outcome of churches addressing mental health issues.

**Ephesians 4:32 “***Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”* (NLT)

1. for members is a favorable outcome of churches addressing mental health issues.

**Romans 15:13 “***I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.”* (NLT)

1. for members is a favorable outcome of churches addressing mental health issues.

**Ephesians 6:3** *“That it may be well with thee, and thou mayest live long on the earth.”* (KJV)

1. for members is a favorable outcome of churches addressing mental health issues.

**Matthew 9:22** *“But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour.”* (KJV)

**NOTES:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_