

GOD & MENTAL HEALTH

A DIFFERENT
PERSPECTIVE ON
A REAL STRUGGLE

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God & Mental Health

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About Me

- Professional
- Personal
- Christianity

Disclaimer: What I say tonight is for educational purposes only and does not constitute or take the place of advice from your doctor or therapist.



Consider

“There are times in our lives when our peace is based simply on our own ignorance. But when we are awakened to the realities of life, true inner peace is impossible unless it is received from Jesus.”

- Oswald Chambers, *My Utmost for His Highest* (1935)

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

(Source: [mentalhealth.gov](https://www.mentalhealth.gov/)/US Department of Health & Human Services)



Take a Moment

Understanding mental health, and the pain we experience in this world, can't be overly simplistic both in the way we understand and address it for ourselves and for others.



So Many Reasons

- There are so many factors that contribute to mental health, including:

Family history

Genetics

Trauma

Cultural history, dynamics

Community issues

Socioeconomic Status

Medical health

Relationships

Job/Career stability

Connectedness

- It's so important that you take the time to understand your story order to best take care of yourself and your mental health. Where is the Gospel in your story?



Healthy vs Unhealthy Coping

Healthy Coping	Unhealthy Coping
Acknowledge how you're feeling without judgement	Illegal or unsafe drug or excessive alcohol use
Check in with someone you trust	Sleeping too little or too much
Deep breathing	Social withdrawal
Physical movement, exercise	Self-harm
Get outside in nature	Aggression, abuse
Listen to music	Impulsive/compulsive behaviors
Journal	Obsessive/hypervigilant behaviors
Pray, meditate	Excessive tv or social media use
Paint, draw, create something or other creative activities	
Practice good self care	
Reach out if you need help	



You Need to Know

We **ALL** struggle with mental health issues at times.

Struggling with mental health doesn't always mean you have a mental health disorder.

You can't address the issue if you don't acknowledge the issue.

We will not "arrive" at a place of perfect mental health this side of heaven.

As odd or unique as it may seem, there is always someone who has gone through it too.

Experiences of Mental Health Issues in the Bible



Jacob: “Then Jacob was greatly afraid and distressed.” Genesis 32:7

David: “My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me. I said, ‘Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert.’” Psalm 55:4-8

Elijah: “But he himself went a day’s journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O LORD, take away my life, for I am no better than my fathers.” 1 Kings 19:4

Mental Health – the river

“Mental health is remaining in the harmonious flow between the two banks of the river - chaos and rigidity.”

“Helping someone connect left and the right brain, helps them stay in the flexible current of well being and happiness.”

- From Dr. Dan Siegel, “The Whole-Brain Child”



Help

Sometimes we don't know what we need, and we can't be objective about our own situation; we need the help of another

Sometimes this is a professional, sometimes this is a friend



How We can Help Others (and Ourselves)

DO

- Listen, be present; “I’m here, you’re not alone, what’s going on?”
- Be a human being; “That’s so hard. That sounds so painful.”
- Sound the alarm if someone’s life is in danger.
- Take care of yourself as well.

DON'T

- Give one-liners; “Everything happens for a reason. God won’t give you more than you can handle.”
- Try to fix; “Just stop worrying.”
- Judge; “they’re just so dramatic.”

Biblical Solutions: Who God Says You Are

False Core Beliefs	Truth
Your Worth = Your performance + Other opinions.	Your Worth = What God says about You.
If I fail, I'm unworthy of love and deserve to be blamed and punished (fear of punishment, tendency to punish others).	I am deeply loved by God (1 John 4:9-10).
I must meet certain standards to feel good about myself. If I don't... (fear of failure).	I am completely forgiven and fully pleasing to God (Romans 3:10-25, 2 Corinthians 5:21).
I must be approved (accepted) by certain others to feel good about myself. If I'm not approved... (fear of rejection).	I am totally accepted by God (Colossians 1:19-22).
I am what I am; I cannot change; I am hopeless (shame).	I am absolutely complete in Christ (2 Corinthians 5:17).

Source: Robert McGee "Search for Significance"

Biblical Encouragement

“But you, O LORD, are a shield about me, my glory, and the lifter of my head.” Psalm 3:3

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” John 14:27

“When the cares of my heart are many, your consolations cheer my soul.” Psalm 94:19

Biblical Encouragement - continued

“No power in the sky above or in the earth below--indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.” Romans 8:39

“He heals the broken in heart, and binds up their wounds.” Psalm 147:3

“But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works.” Psalm 73:28

Resources

- National Alliance on Mental Illness (NAMI) Helpline for support and referrals (including Family Support Groups) - visit nami.org or call at (800) 950-6264
- Anxiety and Depression Association of America for support and resources – visit adaa.org.
- Psychology Today directory for finding a therapist – visit psychologytoday.com; can filter by multiple search criteria

Resources - continued

- Henderson Behavioral Health -- psychiatric and counseling services – visit hendersonbh.org or call 24/7 CRISIS Service Youth (954) 677-3113, ADULT MOBILE & WALK IN (954) 463-0911
- Chrysalis Health – psychiatric and counseling services – visit chrysalishealth.com or call 24/7 for Outpatient or Crisis Services at (954) 587-1008
- Living Water Counseling – located in Lake Worth, sliding scale rates, call (954) 726-2302 for more information

Resources - continued

- Cerebral.com – psychiatric and therapy services available online
- Crisis Text Line – 24/7, text HOME to 741 741 to be connected with a Crisis Counselor
- Suicide Prevention Lifeline – 24/7, call (800) 273-8255 or visit suicidepreventionlifeline.org to chat online with a Crisis Counselor. 988 will be the nationwide number effective July 16, 2022.

Q&A

