

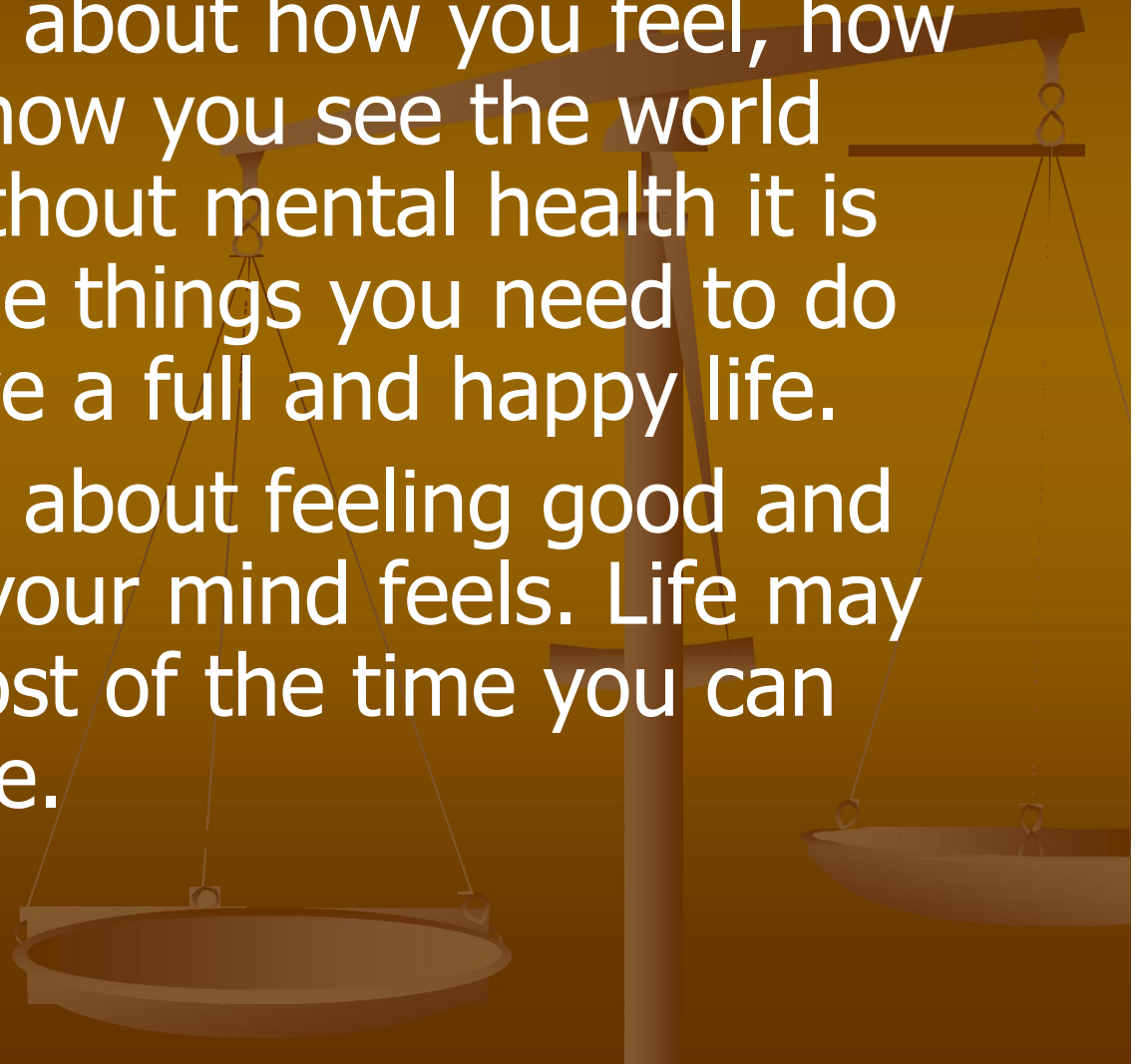


Mental Health

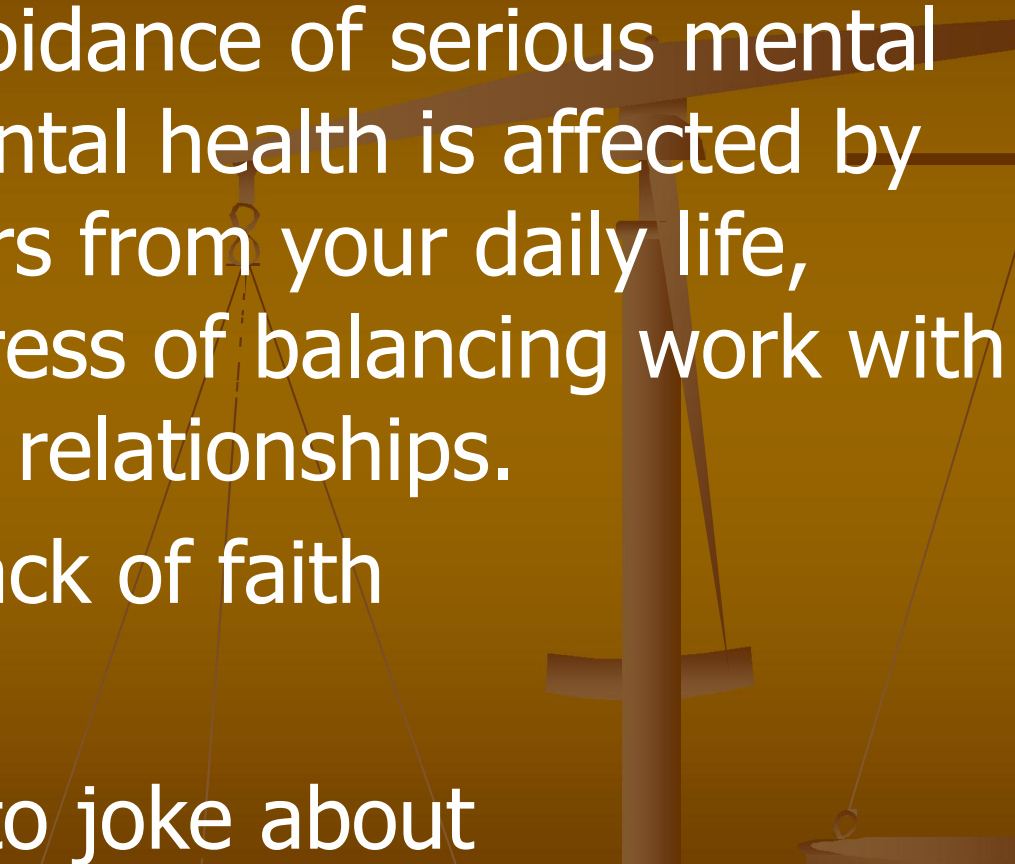
Facing Mental Health Issues in our
Families – Challenges for Believers

What is Mental Health?

- Mental health is about how you feel, how you think, and how you see the world around you. Without mental health it is difficult to do the things you need to do each day to have a full and happy life.
- Mental health is about feeling good and especially how your mind feels. Life may be hard, but most of the time you can enjoy being alive.

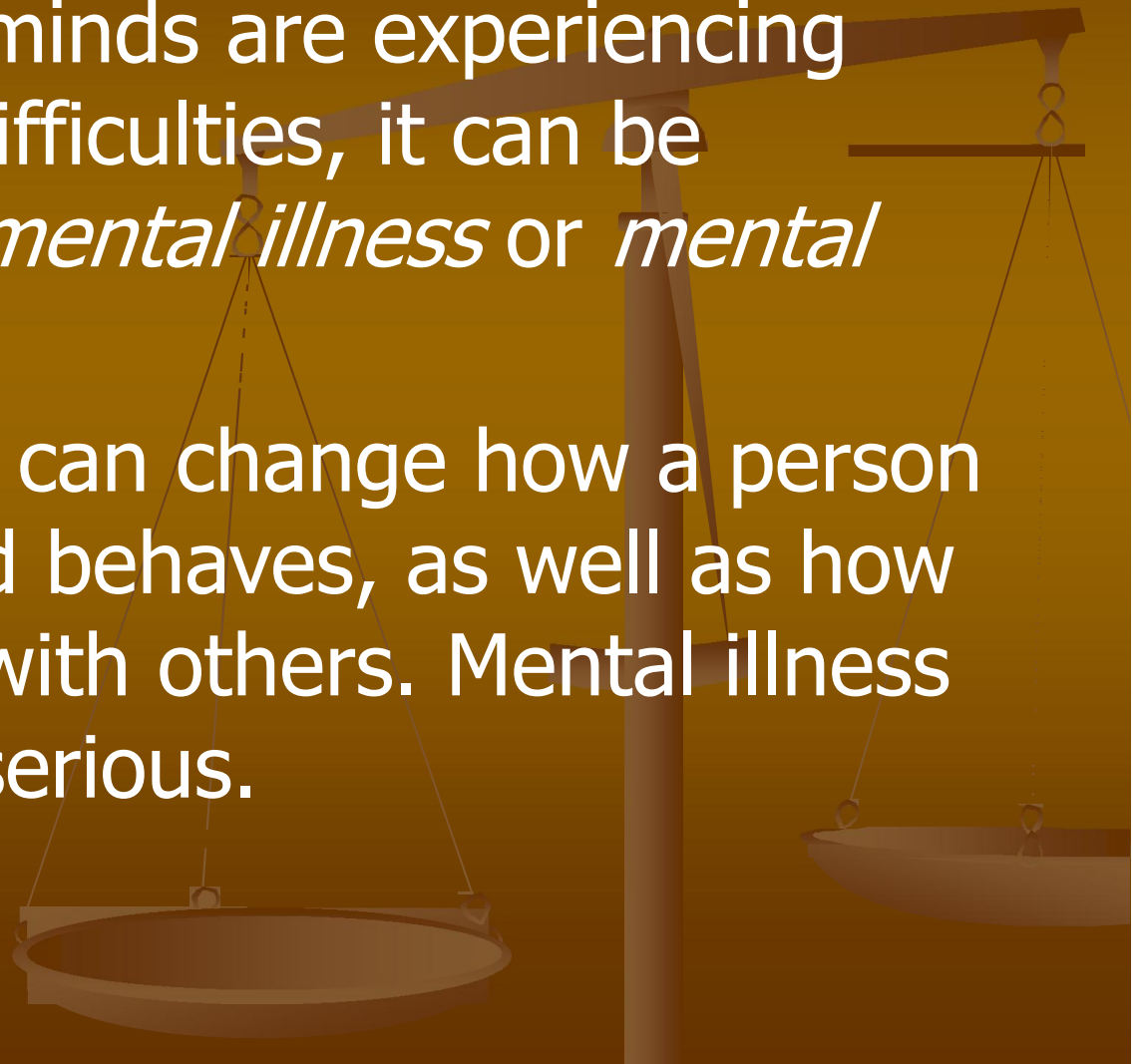


Mental Health is NOT . . .

- . . . only the avoidance of serious mental illness. Your mental health is affected by numerous factors from your daily life, including the stress of balancing work with your health and relationships.
 - . . . related to lack of faith
 - . . . a weakness
 - . . . something to joke about
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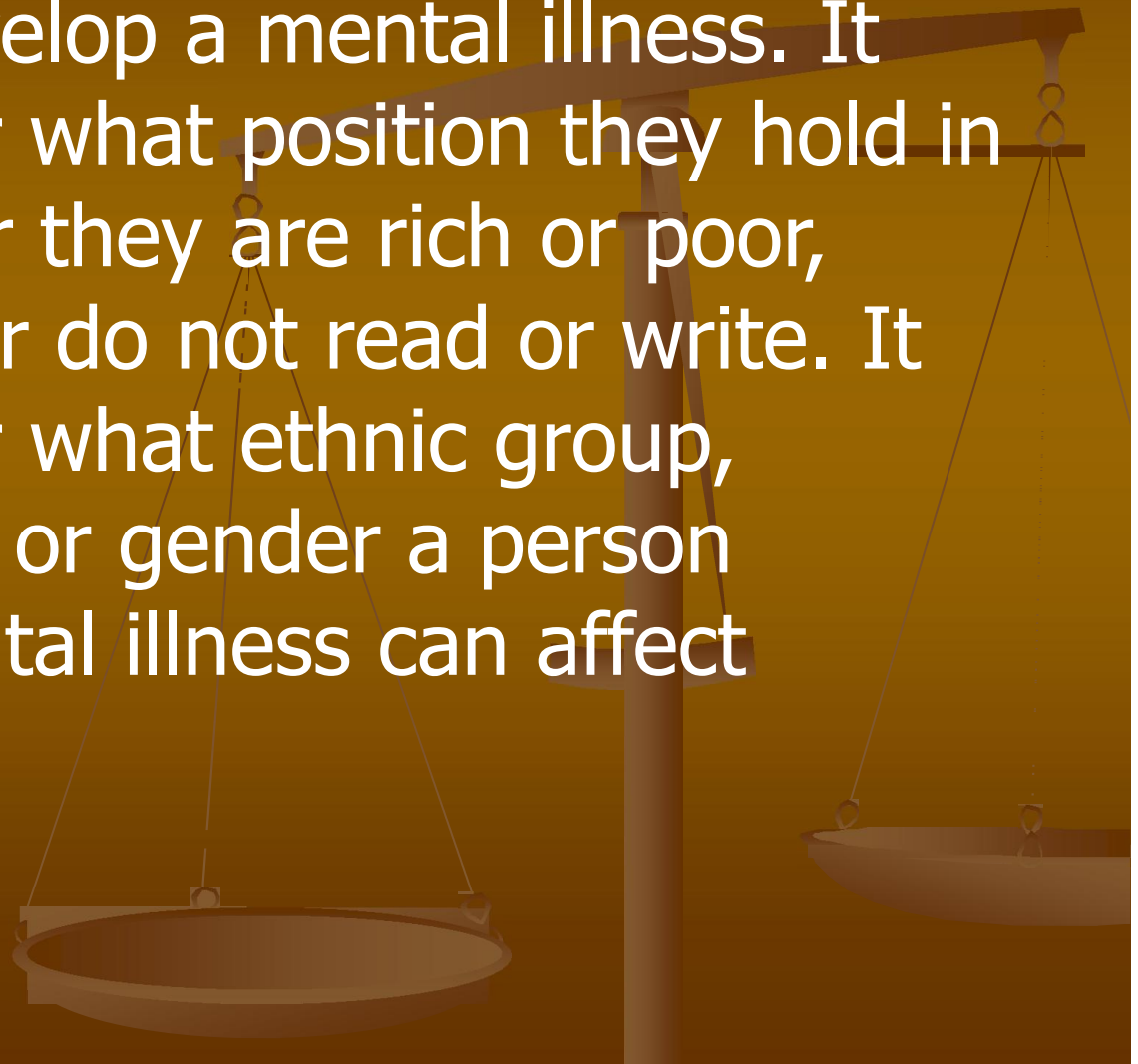
Mental Illness

- When people's minds are experiencing mental health difficulties, it can be described as a *mental illness* or *mental health issues*.
- A mental illness can change how a person thinks, feels and behaves, as well as how they get along with others. Mental illness can be mild or serious.



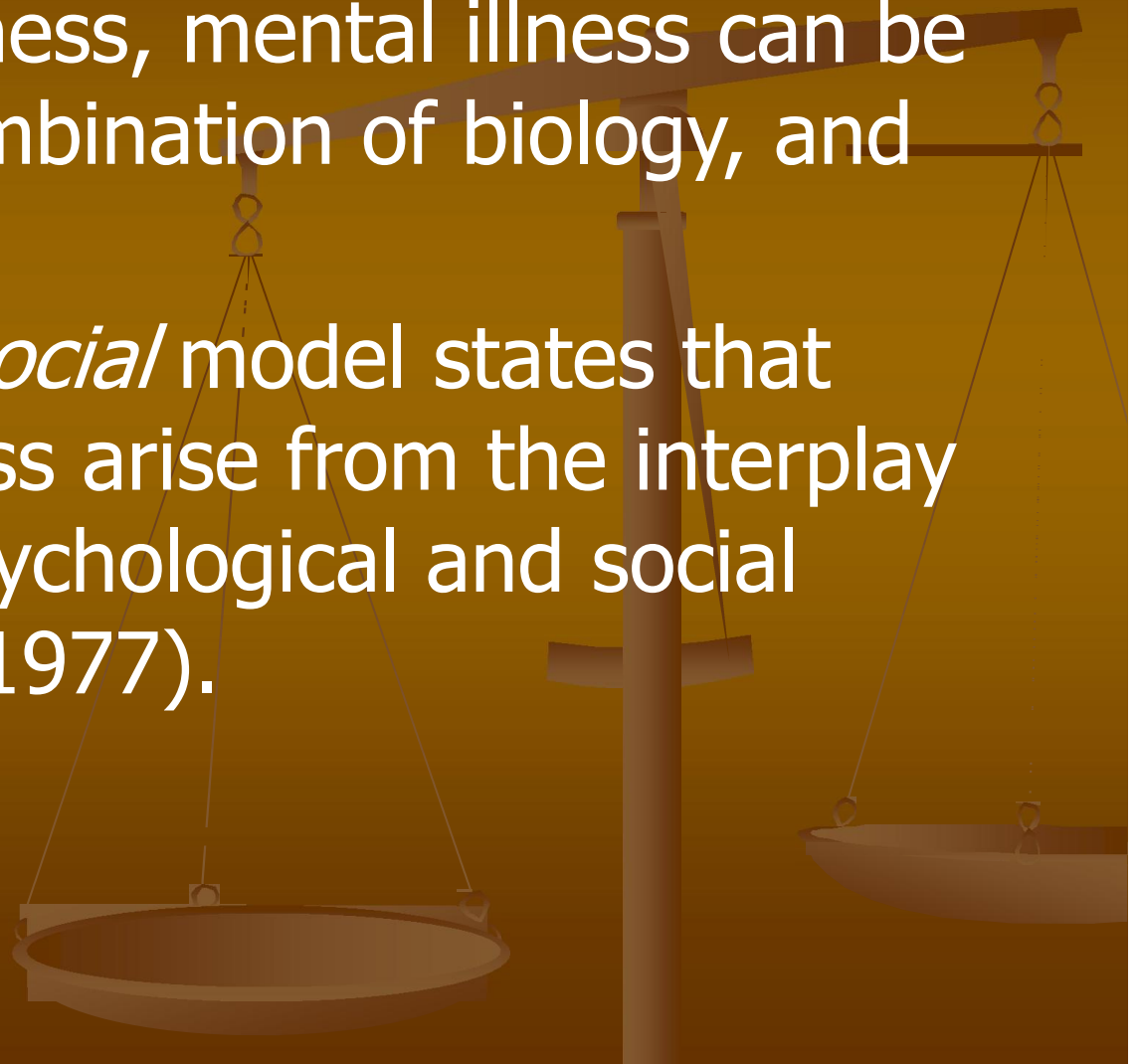
Who Gets Mental Illness?

- Anyone can develop a mental illness. It does not matter what position they hold in society, whether they are rich or poor, well-educated or do not read or write. It does not matter what ethnic group, culture, religion or gender a person belongs to. Mental illness can affect anyone.



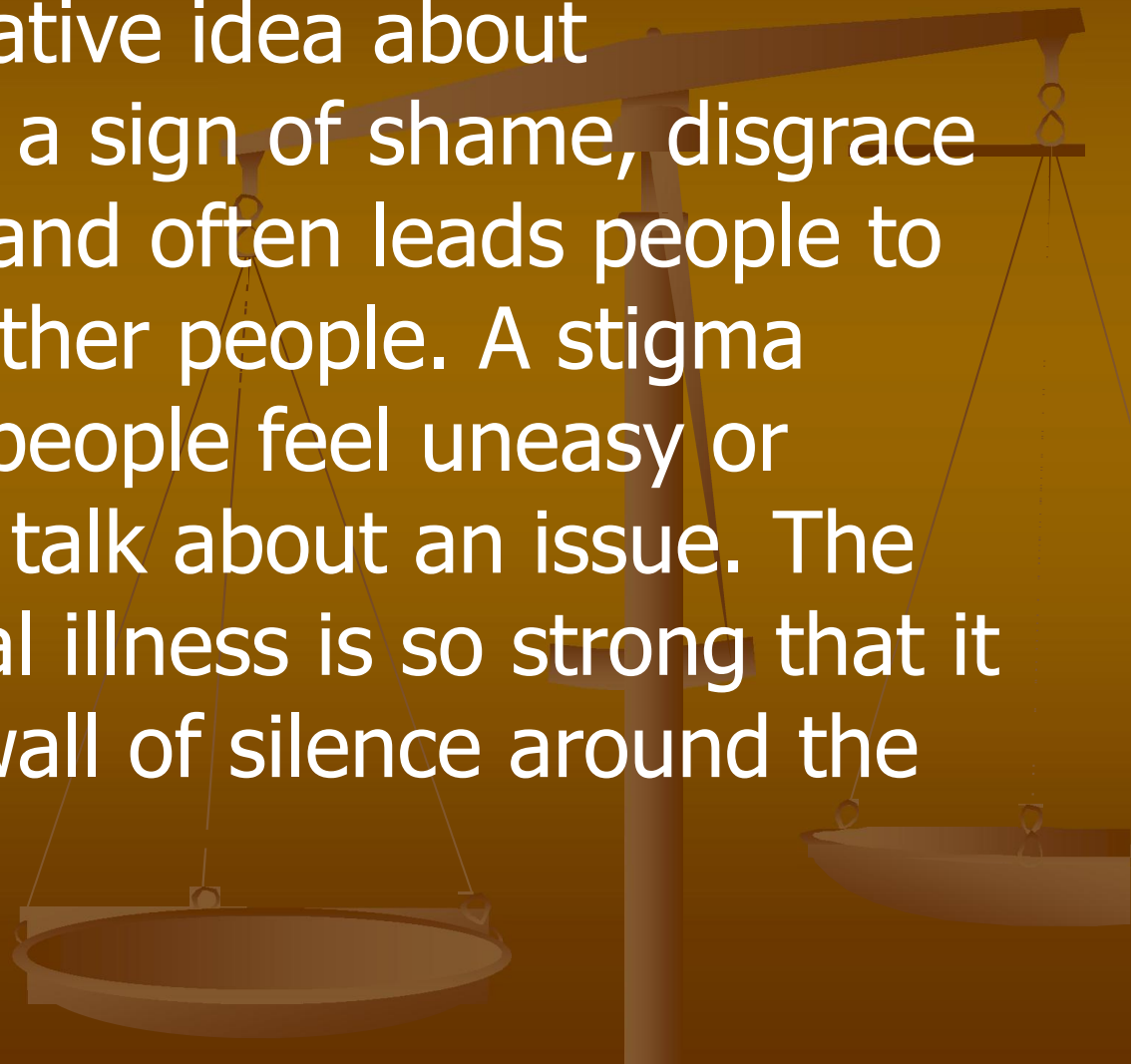
What causes Mental Illness?

- Like physical illness, mental illness can be caused by a combination of biology, and environment.
- The *biopsychosocial* model states that health and illness arise from the interplay of biological, psychological and social factors (Engel, 1977).



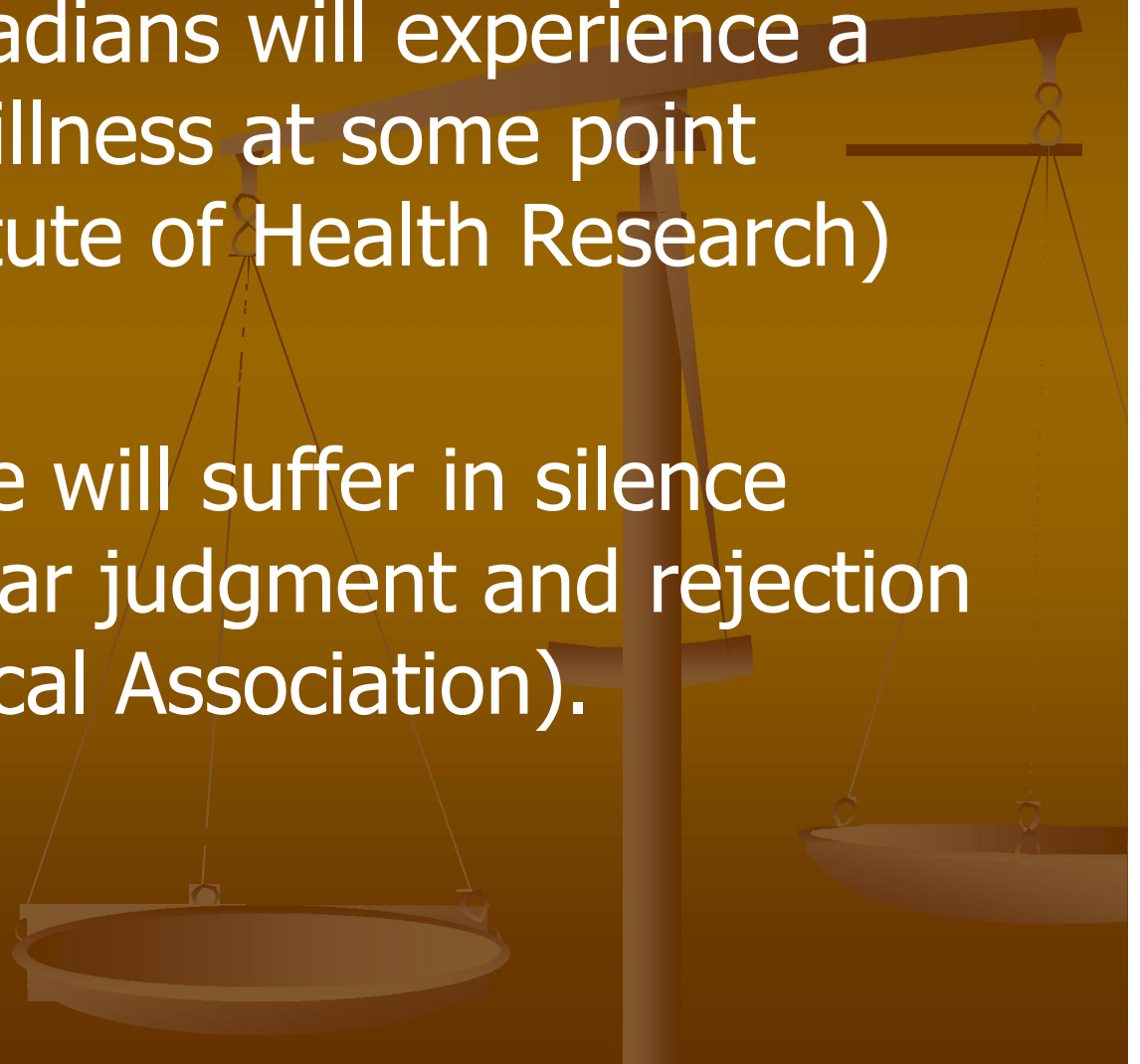
Stigma and Mental Illness

- Stigma is a negative idea about something. It is a sign of shame, disgrace or disapproval, and often leads people to shun or reject other people. A stigma emerges when people feel uneasy or embarrassed to talk about an issue. The stigma of mental illness is so strong that it often places a wall of silence around the issue.



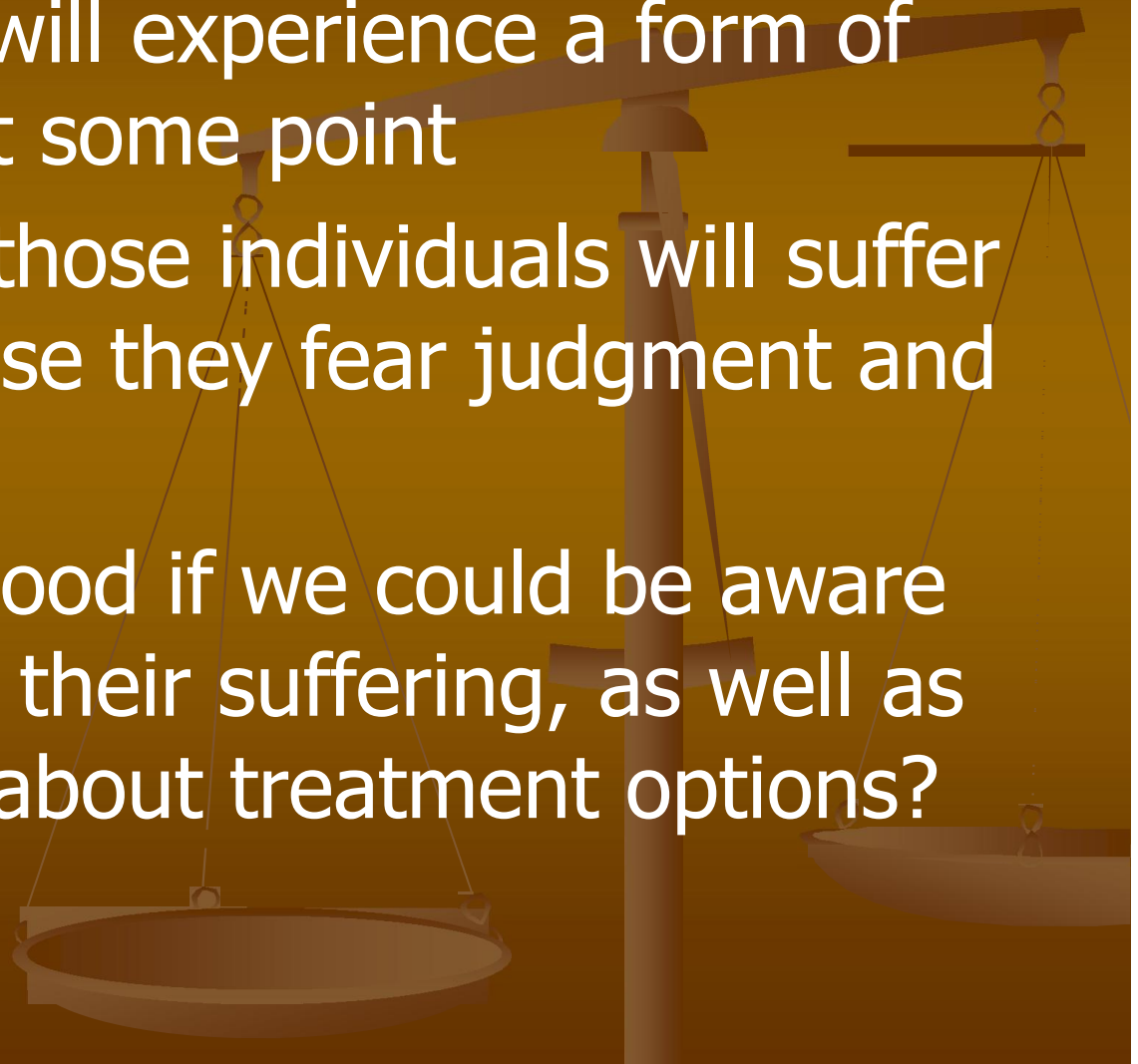
Mental Illness in Canada

- One in five Canadians will experience a form of mental illness at some point (Canadian Institute of Health Research)
- Two out of three will suffer in silence because they fear judgment and rejection (Canadian Medical Association).



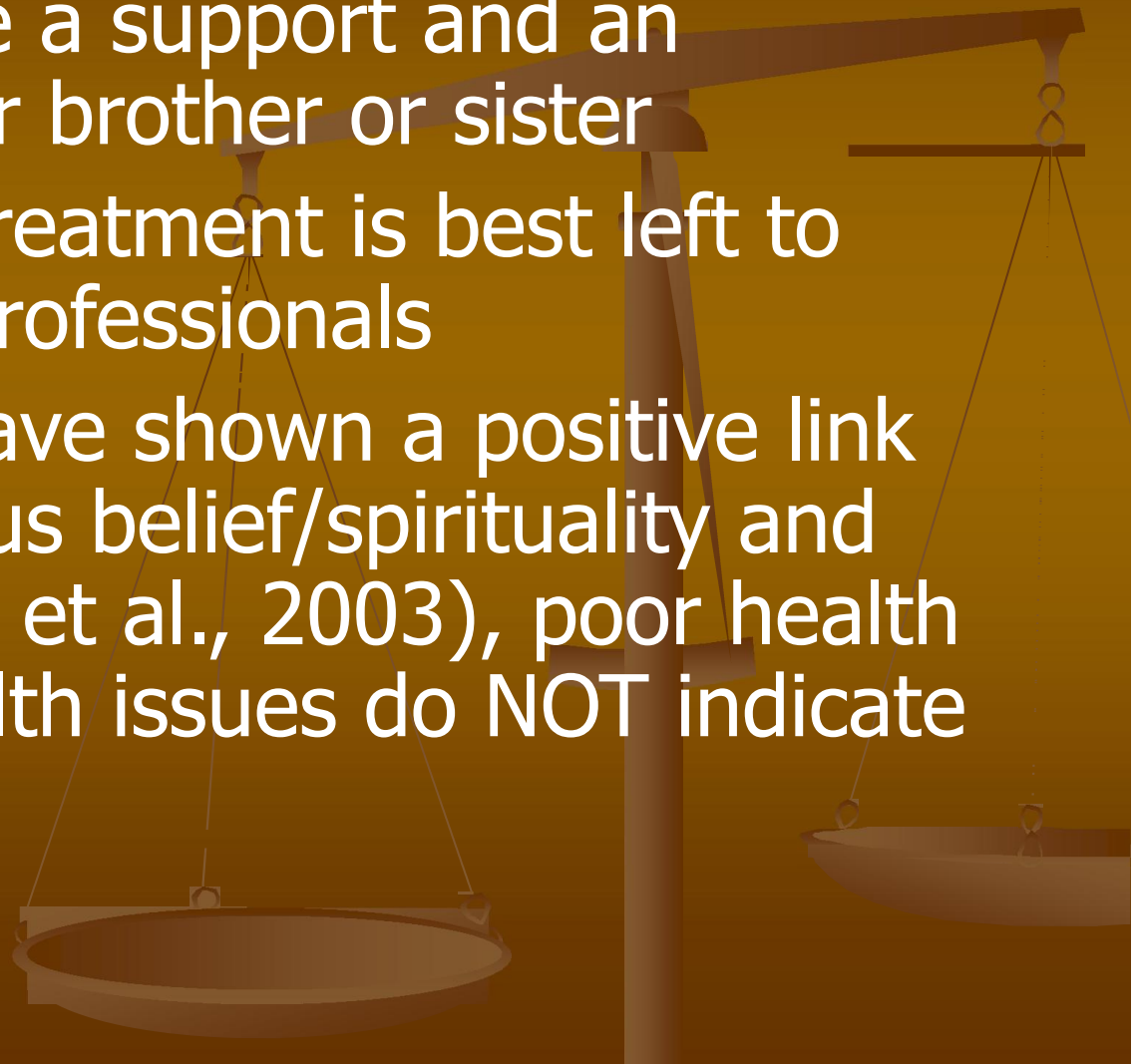
In an ecclesia of 50 . . .

- Ten individuals will experience a form of mental illness at some point
- Six or seven of those individuals will suffer in silence because they fear judgment and rejection
- Wouldn't it be good if we could be aware and sensitive to their suffering, as well as knowledgeable about treatment options?



What do we need to know?

- Our role is to be a support and an advocate for our brother or sister
- Diagnosis and treatment is best left to mental health professionals
- While studies have shown a positive link between religious belief/spirituality and health (Seeman et al., 2003), poor health and mental health issues do NOT indicate a lack of faith

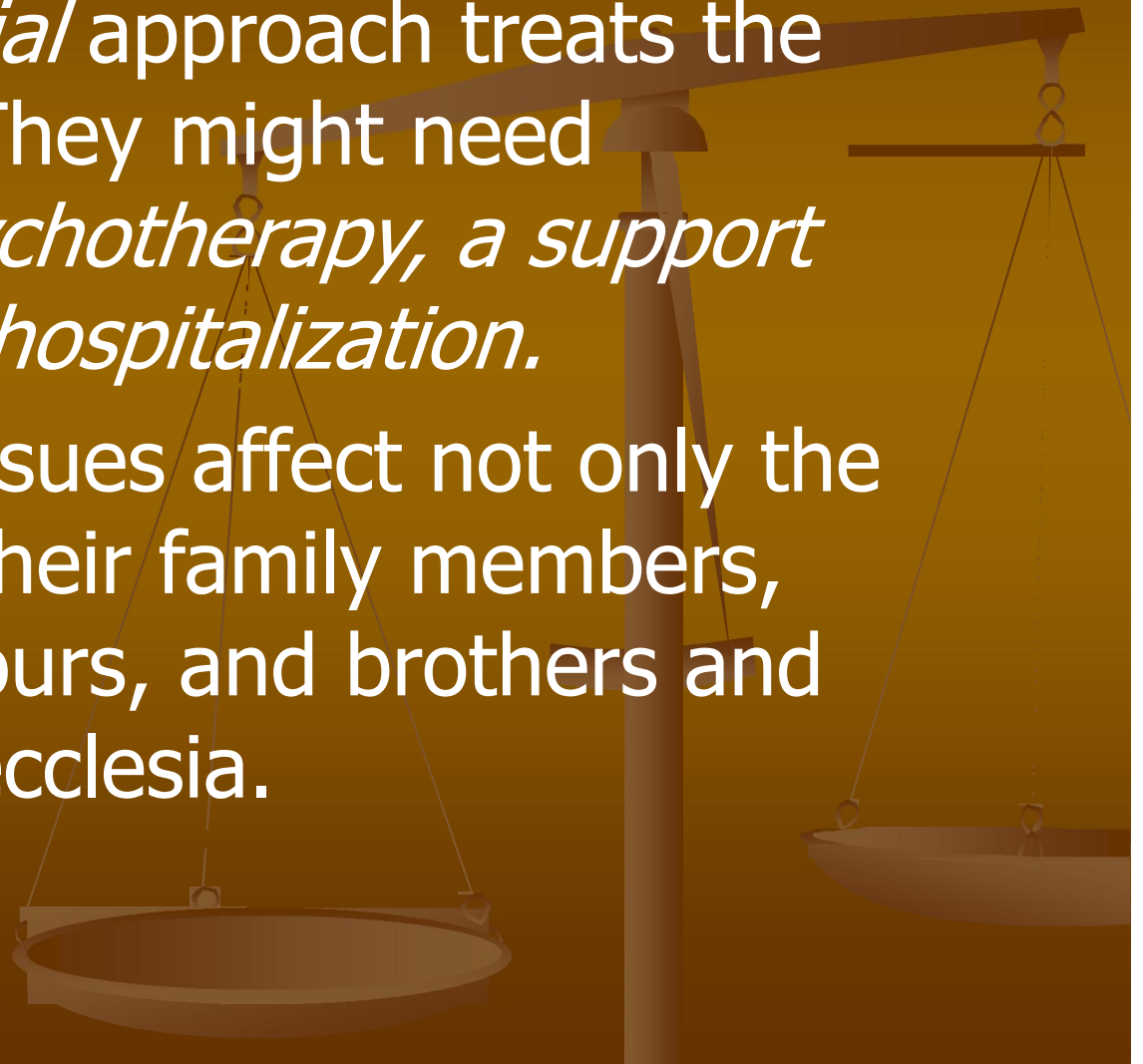


What else would be helpful?

- It would be helpful to become generally familiar with different mental health issues such as stress, addiction, depression, and anxiety. This knowledge will enable us to take better care of ourselves too!
- Education about specific mental health issues relevant to our families and ecclesias would be helpful

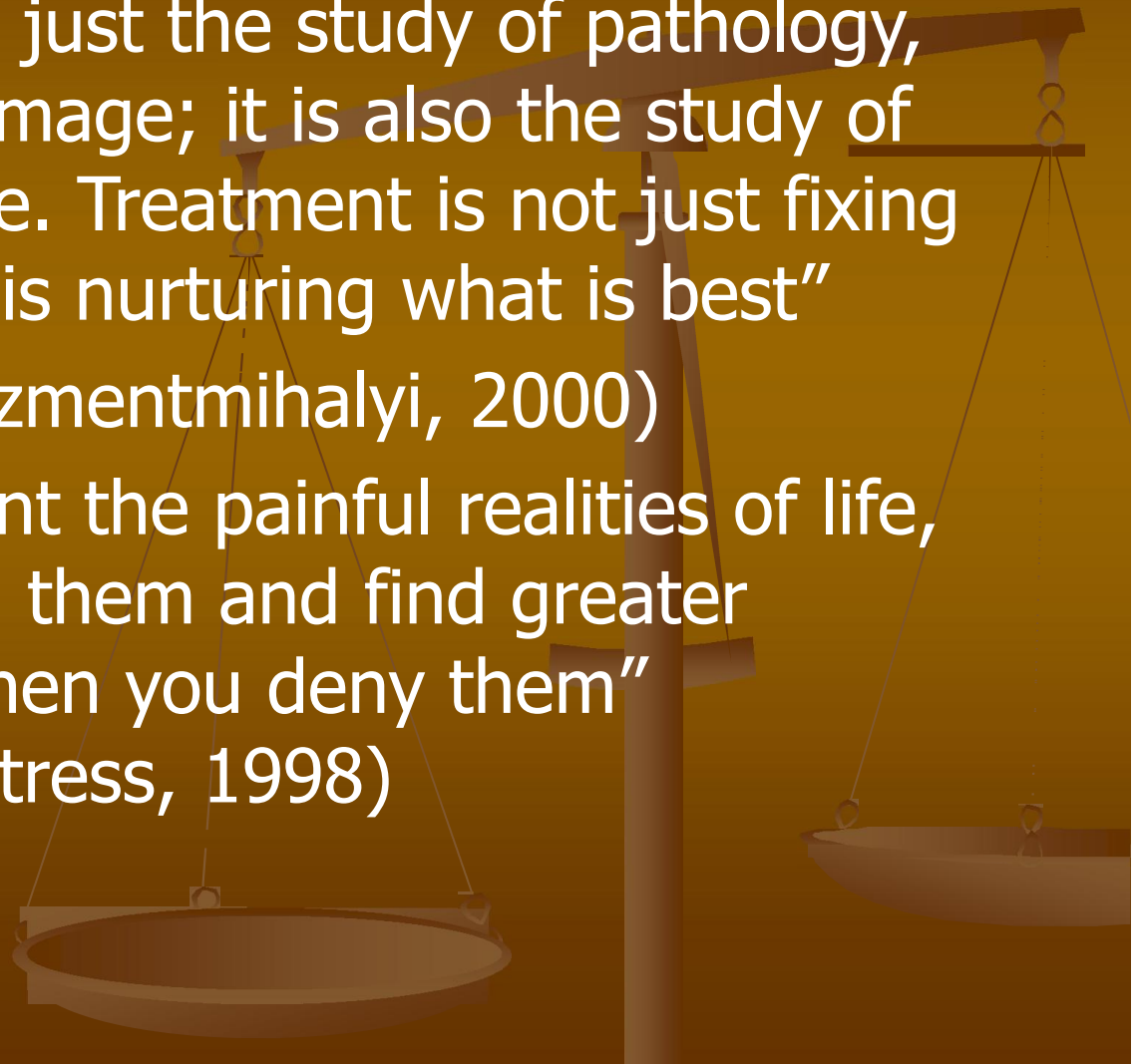
Mental Health Treatment

- A *biopsychosocial* approach treats the whole person. They might need *medication, psychotherapy, a support group, or even hospitalization.*
- Mental health issues affect not only the individual, but their family members, friends, neighbours, and brothers and sisters in their ecclesia.



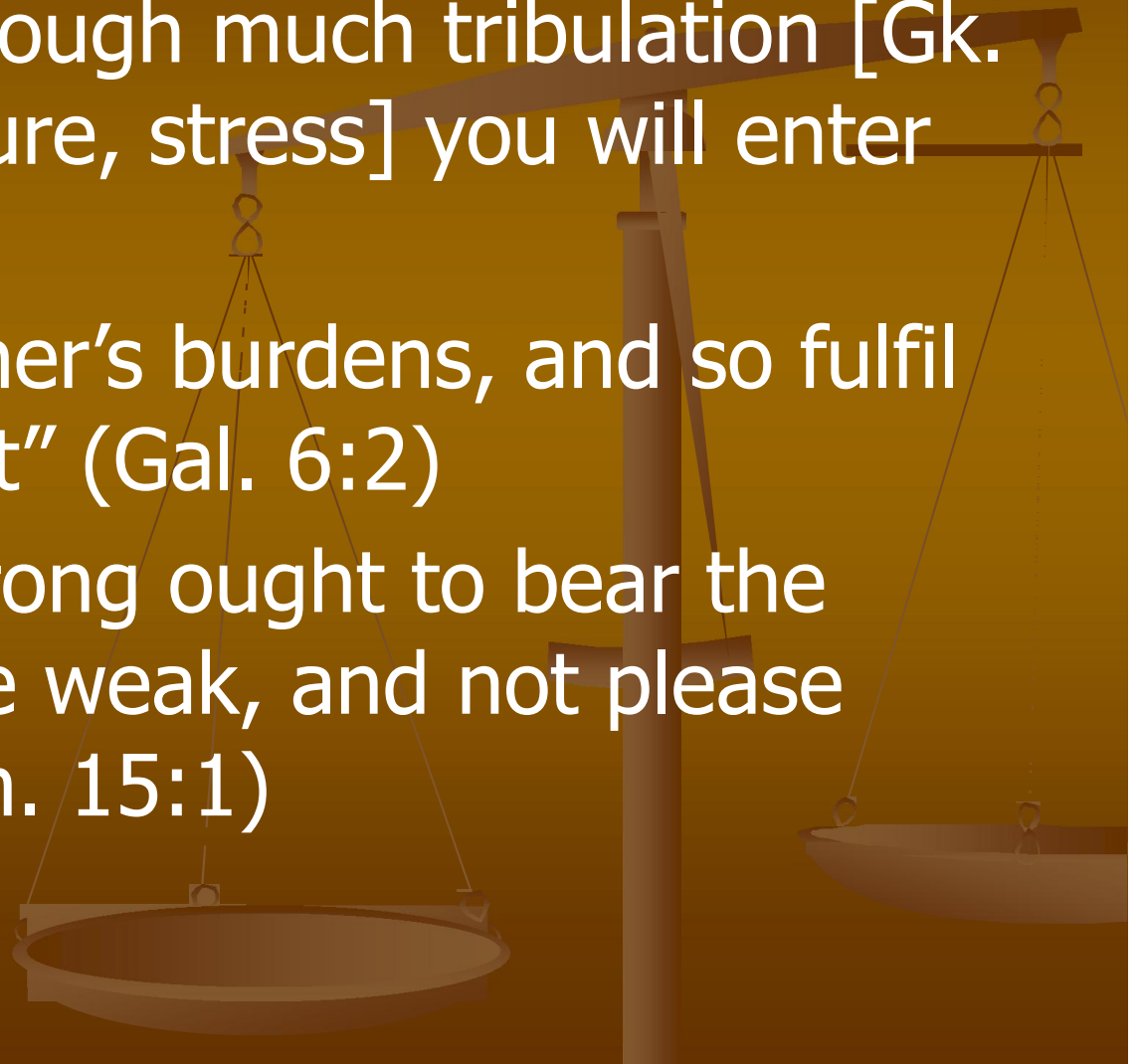
A Positive Outlook

- “Psychology is not just the study of pathology, weakness, and damage; it is also the study of strength and virtue. Treatment is not just fixing what is broken; it is nurturing what is best”
(Seligman & Csikszmentmihalyi, 2000)
- “When you confront the painful realities of life, you can transcend them and find greater happiness than when you deny them”
(Clemmont E. Vontress, 1998)



A Biblical Perspective

- Jesus said, “Through much tribulation [Gk. *thlipsis* = pressure, stress] you will enter the kingdom”
- “Bear one another’s burdens, and so fulfil the law of Christ” (Gal. 6:2)
- “We that are strong ought to bear the infirmities of the weak, and not please ourselves” (Rom. 15:1)



Care Line & Caring Network

- Website: www.caringnetwork.ca
- Toll Free number: 1-866-823-1039
- Confidential email:
support@caringnetwork.ca



Next Training Session

- Saturday, February 22nd at Guelph ecclesial hall, 187 Norfolk Street, Guelph
 - Weather permitting ☺
 - 9.30 -12.30 followed by a potluck lunch
 - Topic: "Accessing Resources in the Community"
 - On-Line connections available
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