

Mental Health Awareness

North Dallas Community Bible Fellowship

May 2026

Objectives

ORIGINS

(WHAT STARTED THIS?)

OBSERVATIONS

(WHAT DOES IT LOOK LIKE TODAY?)

OPPORTUNITIES

(WHAT DO WE DO ABOUT IT?)

WHAT STARTED THIS?

Theological predicament

The Fall Narrative (Genesis 3)

- The enemy's role: Spoke to man's weakness!
- Man's role: Invited Chaos!
- YAHWEH'S role: Pronounced judgment!
- Outcome: Chaos prevails today in multiple ways!



BIBLICAL FOUNDATIONS

- ❑ The Fall Narrative – Gen. 3
- ❑ Need for rehabilitation – Cane (Gen. 4:5-8)
- ❑ Grief in the OT – David (II Sam. 12:16-18)
 - *The King's advisors!*
- ❑ Anxiety in the OT – Nehemiah (Neh. 1:1-4)
- ❑ Anxiety in the NT – Joseph (Matt. 1:18-20)
- ❑ Fear/Anxiety – Jesus, Himself (Luke 22:42-44)

WHAT DOES IT LOOK LIKE TODAY?

Typical Challenges:

Anxiety

Psychotic episodes

Depression

Hereditary factors

Trauma (various)

Behavioral issues

PTSD (various)

Addiction (various)

Basic Statistics

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-14
- Minority populations (*e.g., African Americans*) are challenged with access issues & dissatisfaction with a system that pathologizes (Thomas, 2021).

Clients Identifying as Christian:

**PTSD with active
Symptoms**

**Grief & loss
symptoms**

**Anxiety & panic
disorders**

**OCD/
Religious OCD/
Scrupulosity**

**Suicidal Ideation
& Triggering**

**Social Isolation &
loneliness: 30% of
older adults
reported (Ramos,
2022)**

**Guilt & Shame
(rooted in
perfectionism/
religious
standards)**

Typical barriers we create...

- "Therapy is only for people with serious mental illness."
- "Going to therapy means I'm weak."
- "Talking to friends or family is enough."
- "Therapists just listen and don't actually help."
- "Therapy is just too expensive."
- "Once you start therapy, you'll need it forever."
- "All I need to do is pray and read my Bible...it's a faith issue!"

GREATEST BARRIER!

Terminology:

Ψυχή – *psyche* – *soul, life (i.e., psychology)*

Other term to consider:

νόημα - *noema* – *mind (responsible for one's thoughts & feelings)*

νοῦς – *nous* – *(also mind, understanding)*

WHAT DO WE DO ABOUT IT?

PERSONAL RESPONSIBILITY

- Remain in community....do not isolate!
- Let others know what you are feeling and how you are feeling!
- Seek help:
 - Employee Assistance Plans (EAP)
 - Employee insurance plans
 - Medicaid and Medicare
 - Community centers offering low-cost, pro-bono services
 - <https://www.psychologytoday.com/us/therapists>

“Responding to the Mind’s Needs”

The James 2:16 Model

Giving others what is necessary.....

- Psychotherapeutic support
- Psychiatric support (medicine)
- Partnering among all disciplines

