

Mental Health Matters: Where Do You Stand?

A panel discussion on mental health in the black community, the church, and resources on where to get support

FEBRUARY 20TH | 10am-12pm

zoom LIVE

Meeting ID: 847 0987 4667
Passcode: 534743
Dial in: (301) 715-8592

PRESENTED BY:

Dayna Hinton, LCSW-C,
Gina Moorehead, LCSW-C,
Rev. Mwuese Igyor, LMSW,
Daevonya Jones, LCSW-C, LICSW

Sponsored by Wayland Baptist Church





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AGENDA

- Opening Prayer- led by Sister Hinton
- Definitions
- Mental Health Stigmas in the Black Community
- What does the Bible say about Mental Health
- What are you feeling?
- How to Cope
- Resources/Holistic Approaches
- Closing Prayer- led by Rev. Igyor

WHAT IS MENTAL HEALTH?

- a person's condition with regard to their psychological and emotional well-being (Oxford Definition)

In other words, it is the way we think and feel about ourselves and the world around us. Mental Health affects how we cope with life's challenges and stresses.

STIGMAS

- Don't Ask/ Don't Tell
- Family business (secrets) stay at home and between family
- Mental illness is a sign of weakness
- You don't believe in God if you are struggling
- Pray about it...



We cannot spiritualize things that need to be taken care of/dealt with naturally. Church has taught us how to cloak our traumas. We **MUST** learn to deal with our issues.

JAMES 2:14-17

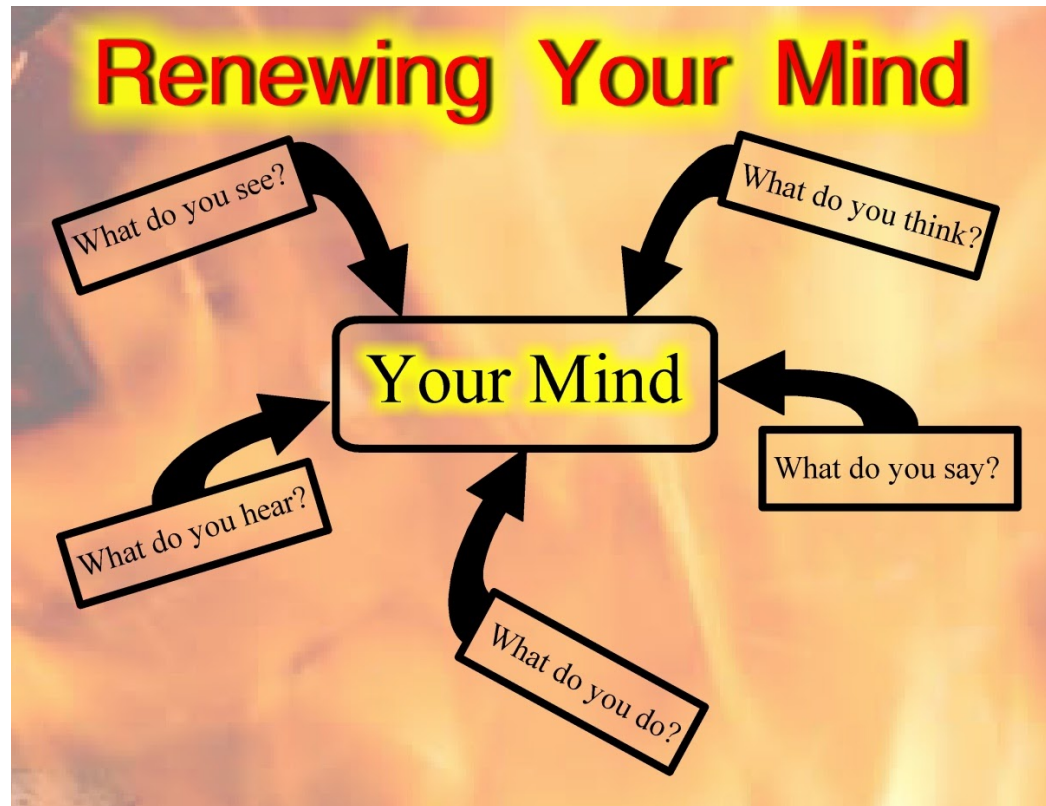


- **14** What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? **15** Suppose a brother or a sister is without clothes and daily food. **16** If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? **17** In the same way, faith by itself, if it is not accompanied by action, is dead.

AND THE BIBLE SAYS...

- Romans 12:2 “And be not conformed to this world; but be ye transformed by the renewing of your mind.”
- Jeremiah 30:17 “But I will restore you to health and heal your wounds,’ declares the LORD, ‘because you are called an outcast, Zion for whom no one cares.’”

HEALTH= mind, body, & spirit



AND THE BIBLE SAYS CON'T...

1 Corinthians 12

Administration	Apostle
Discernment	Faith
Healing	Helps
Interpretation of Languages	Knowledge
Languages	Miracles
Prophecy	Teaching
Wisdom	

- Spiritual Gifts
- Physical vs. mental healing- The Good Samaritan

No one is you
and that is
your
super power

WHAT AM I FEELING?

- Church Hurt
- COVID Fatigue
- Mental Illness
 - Symptoms can look identical: loneliness, isolation, irritable, worry, sadness/grief/loss

CHURCH HURT

- the term which refers to the pain sometimes inflicted by religious institutions- a pain that distances sufferers from their communities and from God (Pastor Emmett Price)
- Experience of emotional harm, manipulation, gaslighting, and/or abuse in religious communities (Danyelle Thomas, UnFitChristian)
- Experiences can occur individually or as a collective

COVID FATIGUE

- a shorthand way of talking about an overall sense of exhaustion based on the combination of challenges people are facing during the pandemic (World Health Organization)
 - Change fatigue and uncertainty burnout
 - Depleted surge capacity.
 - Zoom burnout
 - "Doom scrolling," or staying glued to electronic devices to find out information on the disasters and stressors that face our country.

MENTAL ILLNESS

-a wide range of conditions that affect mood, behavior, and thinking

Common Diagnosis:

Depression

Anxiety

ADHD

MDD

HOW TO COPE

HOLISTIC APPROACHES

“NUTRITION IS THE MOST IMPORTANT MISSING LINK TO MENTAL HEALTH IN SOCIETY TODAY” – LESLIE KORN



HOLISTIC APPROACHES CONT.

BEST FOODS FOR MOODS	
Organic beef, lamb, chicken	Pinto beans
Eggs	Salmon or Tuna
Olive Oil	Sweet Potatoes
Blueberries, raspberries	Lemons
Oats	Green tea
Coffee	Basil
Bitter greens	Figs

LET'S TALK ABOUT IT ...



RESOURCES

- Back of your medical card
- Sliding fee scale
- [Therapythatliberates.com](https://www.therapythatliberates.com)
- [Therapyforblackgirls.com](https://www.therapyforblackgirls.com)
- [Therapyforblackmen.com](https://www.therapyforblackmen.com)
- [Psychology.com](https://www.psychology.com)
- Daevonya Jones
- Mwuese Igyor
- Shannon White-TX based. Certified mental health integrative medicine provider
- Coming Soon- Honey Bee Families

