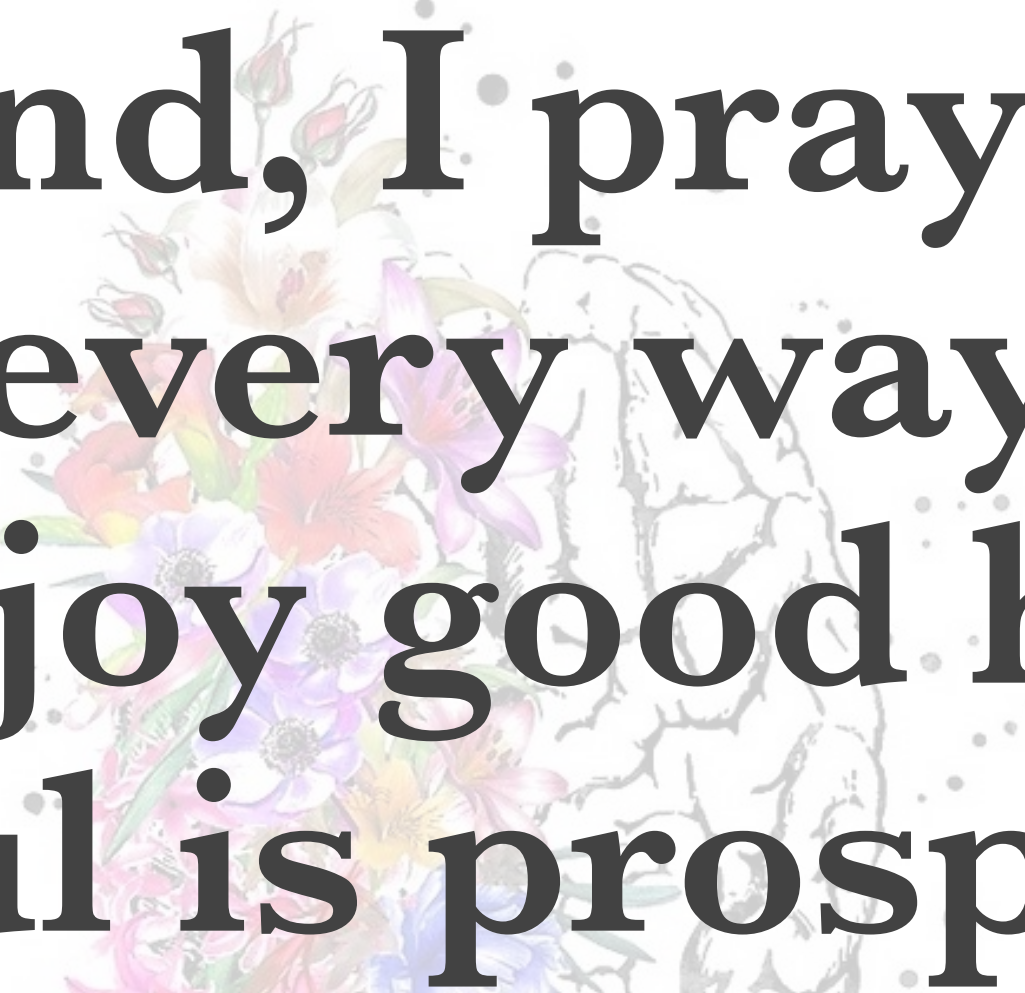


# The Gospel + Mental Health



**Myra L. Mathis-Uwanogho, MD**

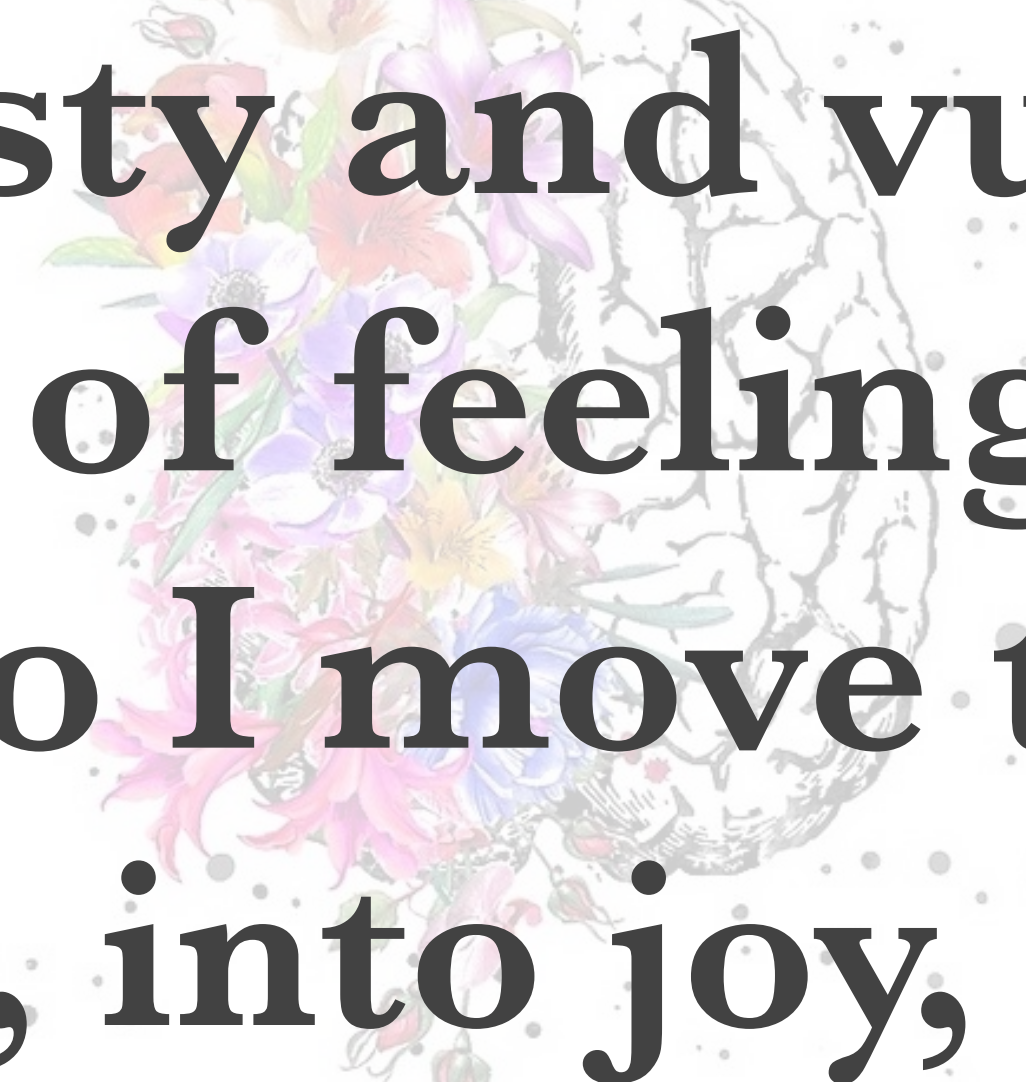


**“Beloved friend, I pray that you are prospering in every way and that you continually enjoy good health, just as your soul is prospering.”**

**3 John 2**


*The Passion Translation*

*a gateway collection*



**How does honesty and vulnerability lead me to places of feeling hopeful and powerful, so I move through the discomfort, into joy, peace, etc.?**

*a gateway collection*



**How can someone help a spouse dealing  
with mental health issues when it's  
beginning to take a toll on the marriage?**

*a gateway collection*



**As a Christian, is it important to see a  
Christian therapist?**

*a gateway collection*



**Is it possible to be mentally stable  
without the aid of mental medications?**

*a gateway collection*



**Is marijuana use an addiction? Is it  
considered a drug?**

*a gateway collection*



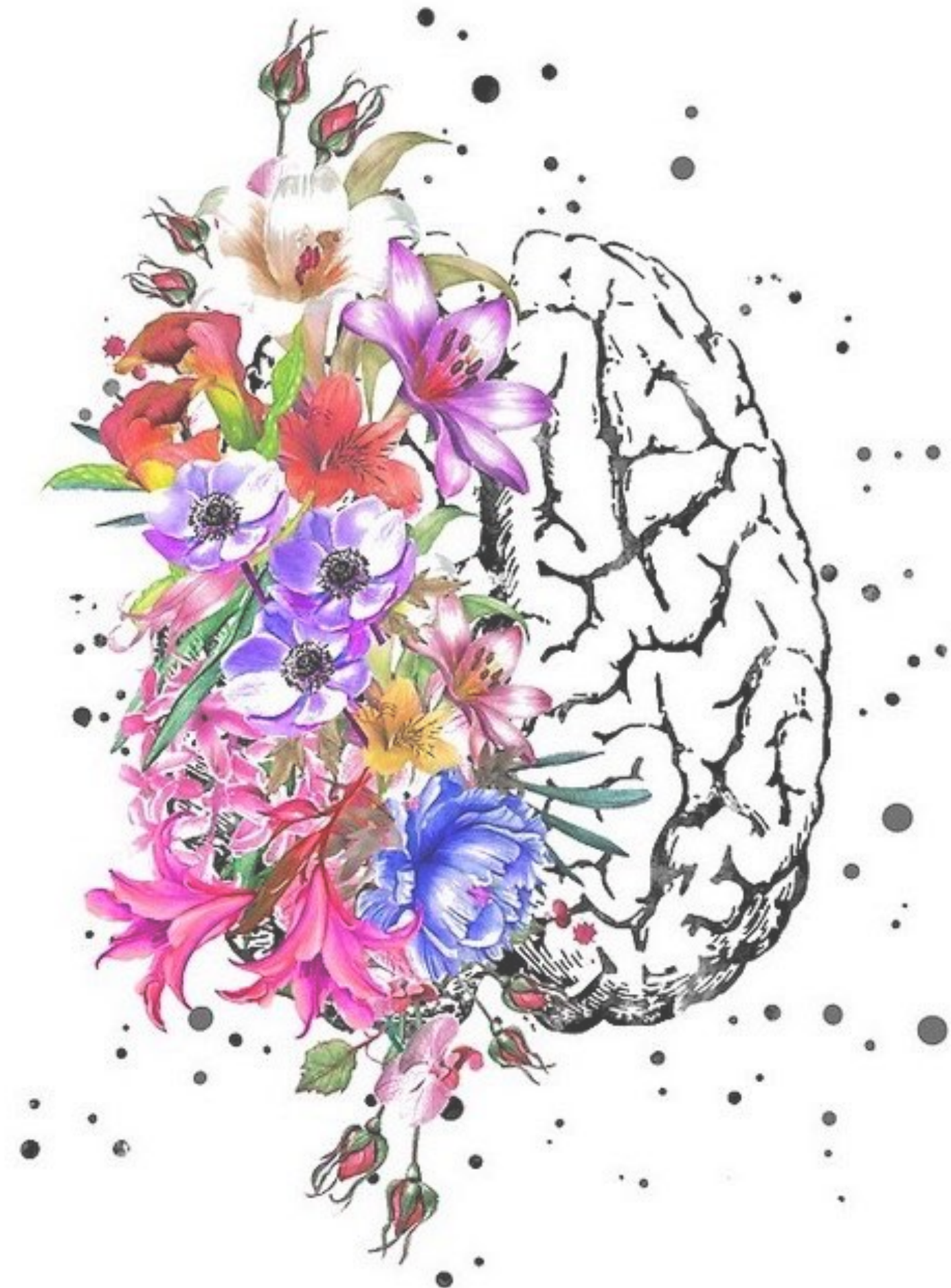


**Is there a connection between a LGBTQ  
lifestyle and mental illness and if so,  
what's the connection?**

*a gateway collection*

# My recommendations:

1. Ask Jesus for help.
2. Talk to a friend.
3. Visit your doctor.
4. Persevere.
5. Intentionally develop a healthy mindset and attitude — Guard and Grow.



# The Gospel + Mental Health