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## I Have A Friend Who...Struggles With Mental Health

### 3 KEY MYTHS OF MENTAL HEALTH

#### ❖ Myth 1: Christians shouldn't struggle with mental health.

- If someone loves Jesus and struggles with mental health that does not mean they are a bad Christian. It means they are **HUMAN**.

*"We do not want you to be uninformed, brothers and sisters, about the troubles we experienced...We were under great pressure, far beyond our ability to endure, so that we **despaired** of life itself." 2 Corinthians 1:8 (NIV)*

*"We are hard pressed on every side, **but not** crushed; perplexed, **but not** in despair; persecuted, **but not** abandoned; struck down, **but not** destroyed." 2 Corinthians 4:8-9 (NIV)*

- Deep **FAITH** and deep **STRUGGLE** can coexist.

#### ❖ Myth 2: God doesn't care about mental health.

*"Love the Lord your God with all your heart and with all your soul and with **all your mind** and with all your strength. "Mark 12:30 (NIV)*

#### ❖ Myth 3: Faith alone should fix it.

##### SEASONAL VS. CLINICAL

##### Seasonal:

- ❖ Connected to a specific trigger
- ❖ Temporary (rises and falls with the situation)
- ❖ Functional (still showing up, even if it's hard)
- ❖ Relieved by support, rest, prayer, time

##### Clinical:

- ❖ Persistent – it doesn't lift when the situation passes
- ❖ Hard to control – you can't calm it down on your own
- ❖ Physical – racing heart, tight chest, panic symptoms
- ❖ Disruptive – it interferes with sleep, work, parenting, relationships
- ❖ Intrusive Thoughts – repetitive "what if" thoughts you can't shake
- ❖ Suicidal Ideation
- ❖ Not relieved by rest, prayer, or support

### HOW TO HELP:

#### 1. Don't Panic. Lean in and Listen.

*"...Be quick to listen, slow to speak..." James 1:19 (NIV)*

-Sometimes the most spiritual thing you can do is **CLOSE YOUR MOUTH** and **OPEN YOUR EARS**.

*"...Mourn with those who mourn." Romans 12:15 (NIV)*

#### 2. Pray for them AND with them.

*"Carry one another's burdens..." Galatians 6:2 (BSB)*

*"...Pray for one another, that you may be healed." James 5:16 (ESV)*

-Example Prayer: "God, you see my friend. You know their mind. You know their body. Would You bring peace and clarity."

#### 3. Community is not optional.

*"And Let us consider how to stir up one another... not neglecting to meet together..." Hebrews 10:24-25 (ESV)*

#### 4. Help them discern (without diagnosing).

*"...In an abundance of counselors there is safety." Proverbs 11:14 (ESV)*

-Helping someone get help is not betrayal, it is an **ACT OF LOVE**.

### Need Immediate Support?

If you or someone you love is in emotional distress or thinking about self-harm, you can call or text **988** to reach the Suicide & Crisis Lifeline. It's free, confidential, and available 24/7.

You can also text **HOME** to **741-741** to connect with a trained Crisis Counselor by text message.