

# Mental Health

AND THE FOLLOWER OF CHRIST

# Depression and Self-harm

Isaiah 26:3; Mark 5:28

# Content

- \*Working Definition/Symptoms**
- \*Scriptural Examination/Examples**
- \*Principles for Healthy navigating**
  - \*Gospel Hope for the suffering**
  - \*Resources**

# Depression/Self-harm

**\*Life IS hard.**

**\*You are NOT alone.**

**\*God's love is REAL.**

**\*He has a mission and purpose for YOU.**

# Depression/Self-harm

- **Sadness, worthlessness, guilt, hopelessness**
- **Sleep disruption, weight gain/loss, fatigue**
- **Difficulty concentrating, thinking, decision-making, irritability**
- **Diminished interest or pleasure in activities**
- **Recurrent thoughts of death, self-harm/suicidal**

# Depression/Self-harm

- **1 in 10 people suffer; women 2x likely to struggle**
- **Not just “sad”; occurs absent of triggering event**
- **Big “D” Depression vs little “d” depression**
- **Frequency, Intensity, Duration**
- **Diagnosed in 60% of suicides**

# Depression in the Scripture

- **Elijah, 1 Kings 19:1-21**
- **David, Psalm 43:5, 77:4**
- **Jonah, Jon. 4:3-4, 8-9**
- **Man in the tombs, Mark 5:3-5**

# Self-harm in the Scripture

- **Judges 9:52-54, Abimilech**
- **1 Kings 16:18, Zimri**
- **1 Sa. 1:1-6, Saul and his armor-bearer**
- **Judges 16:28, Samson**
  
- **2 Sa. 17:23, Ahithophel**
- **Matt. 27:3-5, Judas**



# Gospel Hope for the Suffering

(1) Life IS hard. It really is!

*\*John 16:33 "...you will have trouble..."*

*\*Gal. 6:9 "Do not grow weary..."*

*\*Habakkuk 3:16-19 "...no grapes...no food...no sheep"*

*\*Eccl. 9:4 "...better a living dog than a dead lion"*

# Gospel Hope for the Suffering

**(2) You are NOT alone.**

**\*Gal. 6:9 Fellow sufferers, overcomers,  
travelers**

**\*2 Co. 1:3-4 Listeners, not lecturers!**

**\*Don't panic...having a thought about  
suicide does NOT make you "crazy"**

# Gospel Hope for the Suffering

## (3) God's love is REAL

*\*Deut 31:8*

*\*Psalm 34:17-19*

*\*Psalm 143:7-8*

*\*Matt. 11:28-30*

*\*Phil. 4:13*

*\*2 Sa. 22:29*

*\*Psalm 40:1-3*

*\*Isaiah 41:10*

*\*Romans 15:13*

*\*Rev. 21:4*

# Gospel Hope for the Suffering

**(4) God has a Mission and Purpose for YOU.**

*\*Lam. 3:22-26*

*\*Isaiah 26:3*

*\*Jer. 29:11*

*\*Matt. 28:20*

*\*John 10:10*

*\*Acts 1:8*

*\*Phil. 1:21-26*

*\*Mark 5:28*

# Other Resources

**\*Emergency Room** *“I’d rather overreact and be wrong than under-react and be right”*

**\*211**

**\*Treatment/Medication**

**\*Mentors**

**\*Fellowship**

# Resources

**Cindy Cummons, Bridgewater Counseling, 740-522-0009**

**Miranda Walton, Restoration Pathways, 740-214-6443**

**Cindy Miller, Christian Counseling, 740-504-4660**

**Rebecca Pack, Hope Counseling Services, 740-975-5700**

**Zach Efaw, Beacon Counseling Center, 740-877-7074**

**Sarah Machamer, ACE psychiatric, 740-618-8388**

**Amynda Rhodes, ACE Psychiatric, 740-877-3440**

**Elizabeth Yoder, Licking Memorial Health, 220-564-4873**

# The Ultimate Life-Giver

*Mark 5:28*

*“If I touch even His garments,  
I will be made well...”*