

# The Gospel + Mental Health

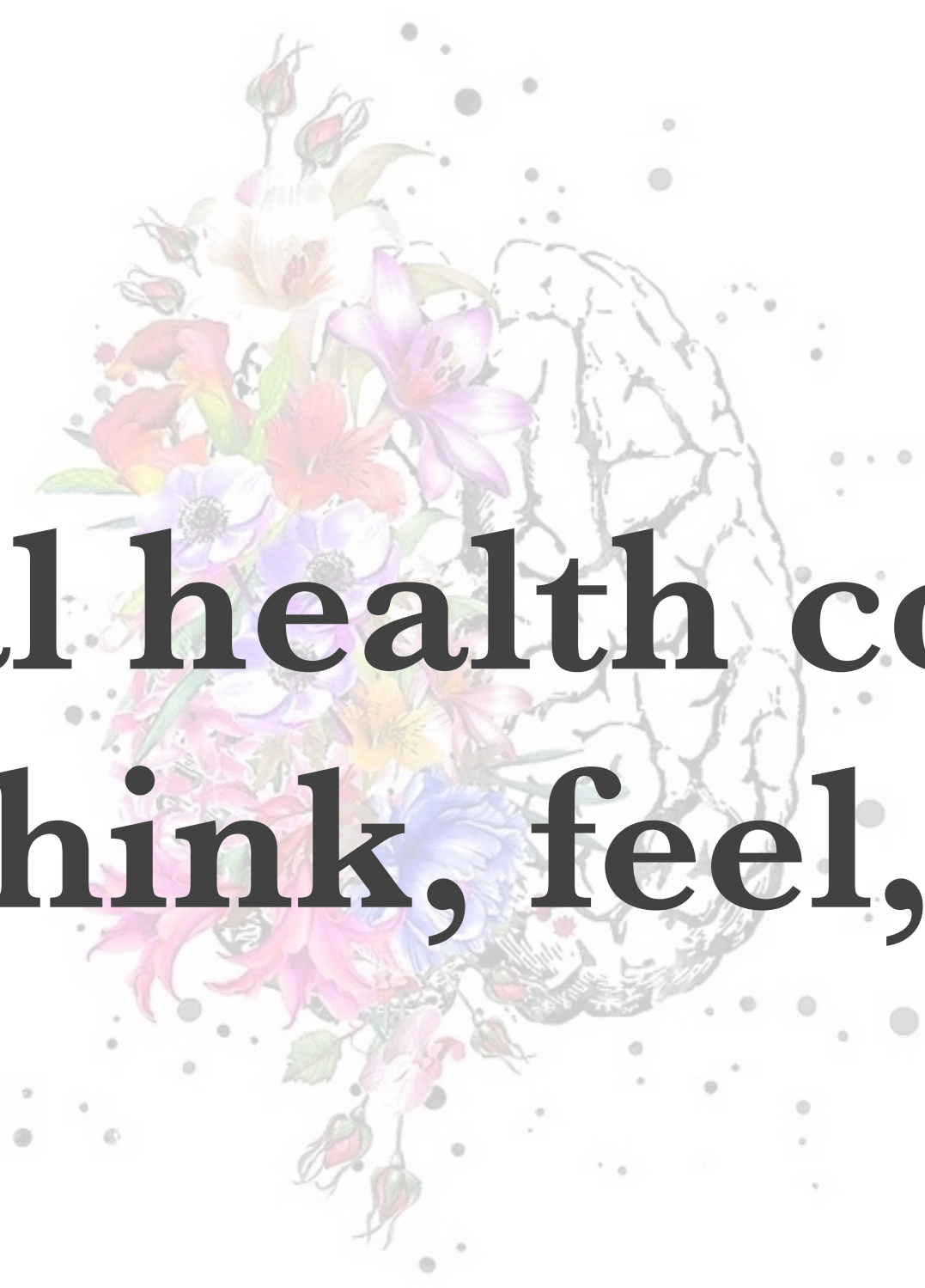


**Myra L. Mathis-Uwanogho, MD**

# What is Mental Health?

**“A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” - World Health Organization**

**Mental health includes one’s emotional, psychological and social well-being.**



**Having a mental health condition affects  
how we think, feel, and act.**

*a gateway collection*



**1 IN 5 PEOPLE**

**EXPERIENCE A MENTAL HEALTH CONDITION**



# 50

## PERCENT

of Americans will meet  
the criteria for a  
diagnosable mental  
health condition

sometime in their life,

and half of those  
people will develop  
conditions by the age  
of 14.<sup>2</sup>





# Why “The Gospel and Mental Health”?

1. Remove the stigma and shame - bring this conversation out of the shadows.



# Why “The Gospel and Mental Health”?

2. Empower our Gateway family to bravely pursue wellness and wholeness in their mental health.





# Why “The Gospel and Mental Health”?

3. Jesus cares about it! He wants to meet you in goodness and kindness.

# Over the next few weeks...

1. Depression and anxiety
2. Other mental health conditions
3. Addictions
4. Respond to anonymous questions



# Our Three Offers:

1. To offer **hope** by removing the stigma associated with mental health.



# Our Three Offers:

2. To offer **help** by informing you and equipping you with understanding and ways to compassionately serve others.

# Our Three Offers:

3. To offer **healing** by vulnerably embracing God's love and courageously engaging God's word.

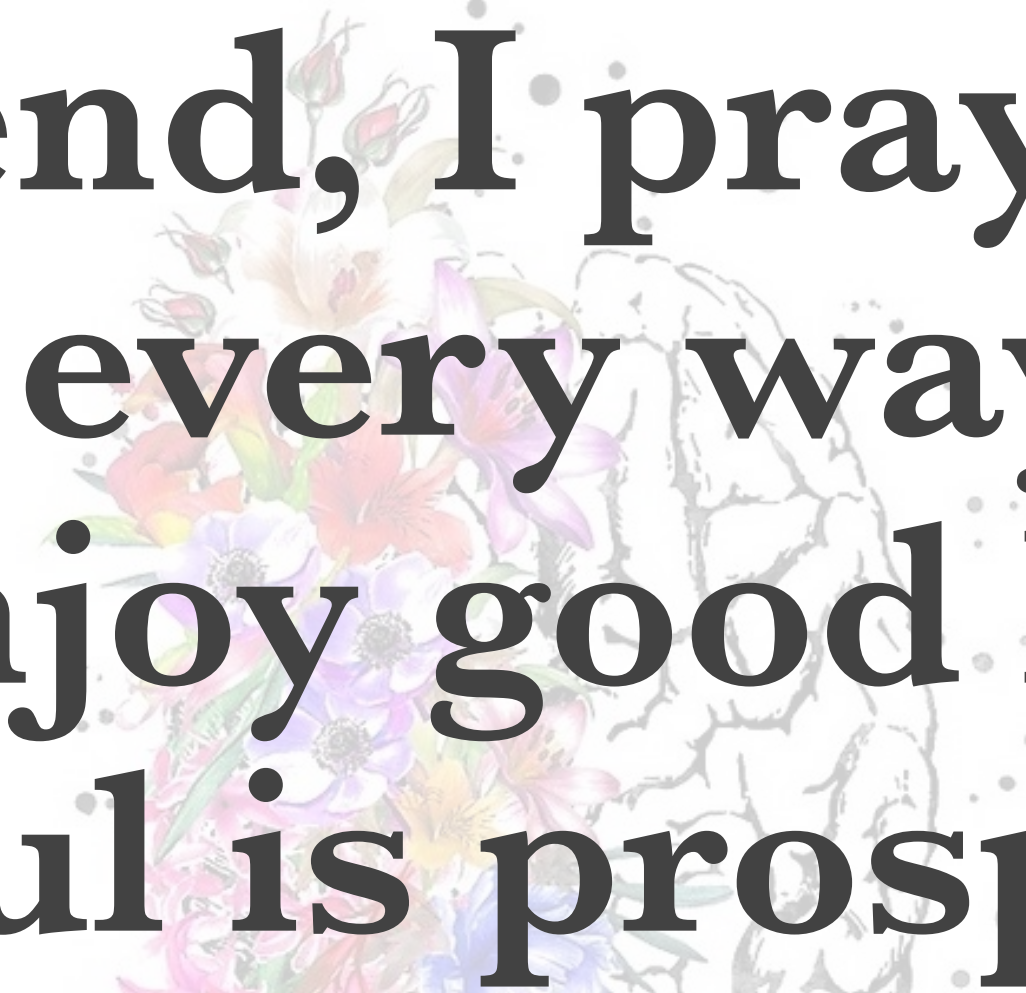


***To Submit Questions:***

**Email: [mentalhealth@yourgateway.com](mailto:mentalhealth@yourgateway.com)**

**Text: 203-951-9209**

**Utilize the “HOPE JAR”**

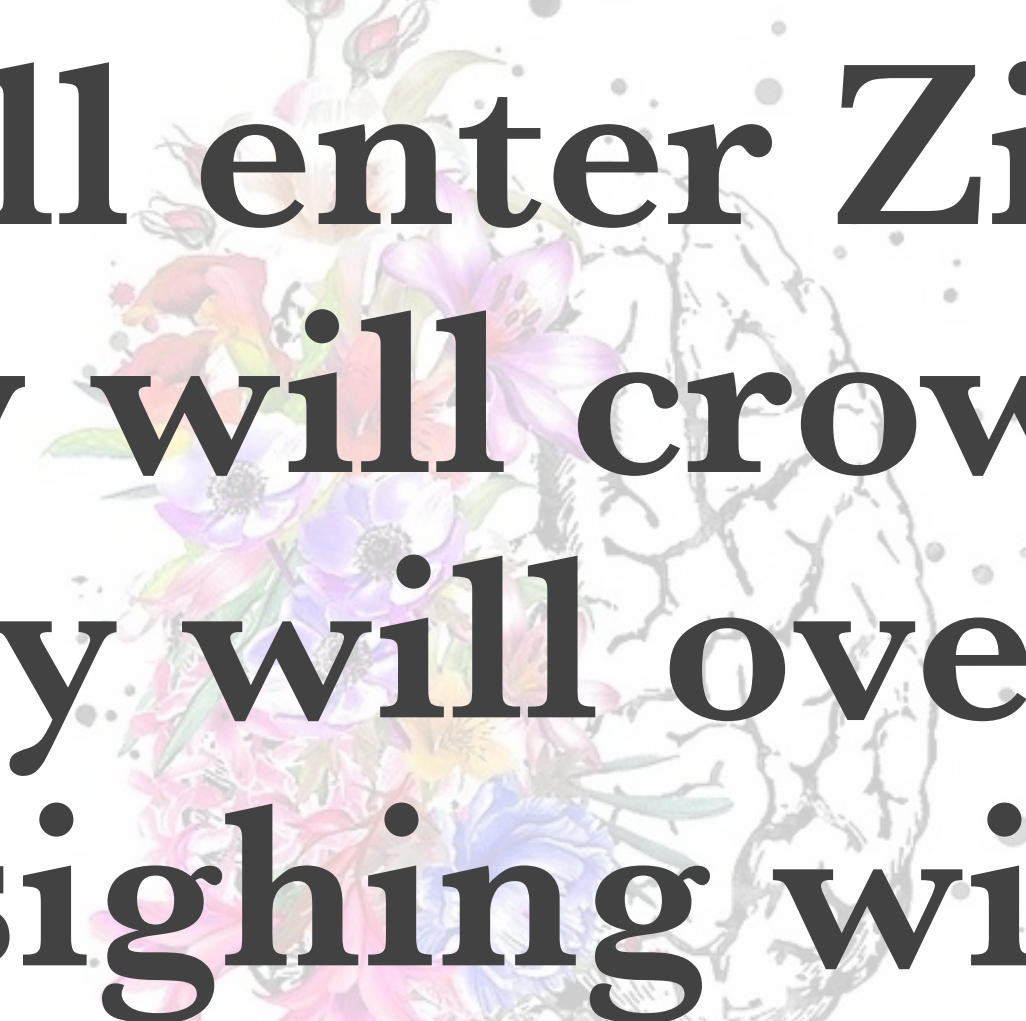


**“Beloved friend, I pray that you are prospering in every way and that you continually enjoy good health, just as your soul is prospering.”**

**3 John 2**

*The Passion Translation*

*a gateway collection*



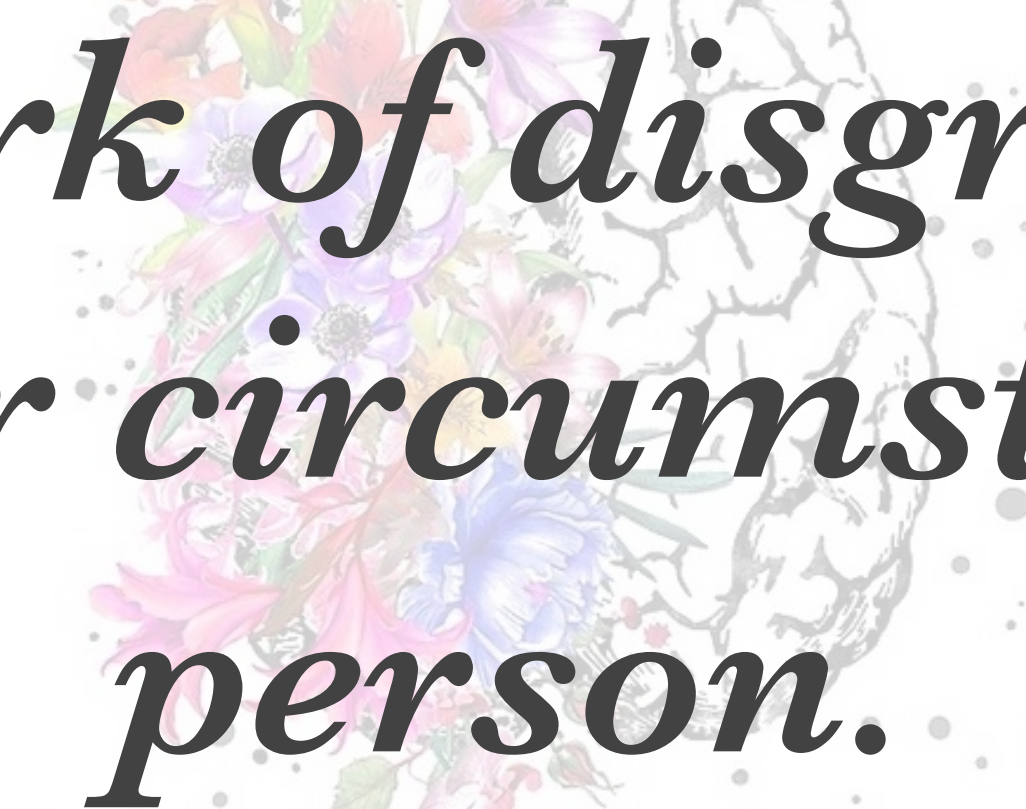
**“...and those the Lord has rescued will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.”**

**Isaiah 35:10**

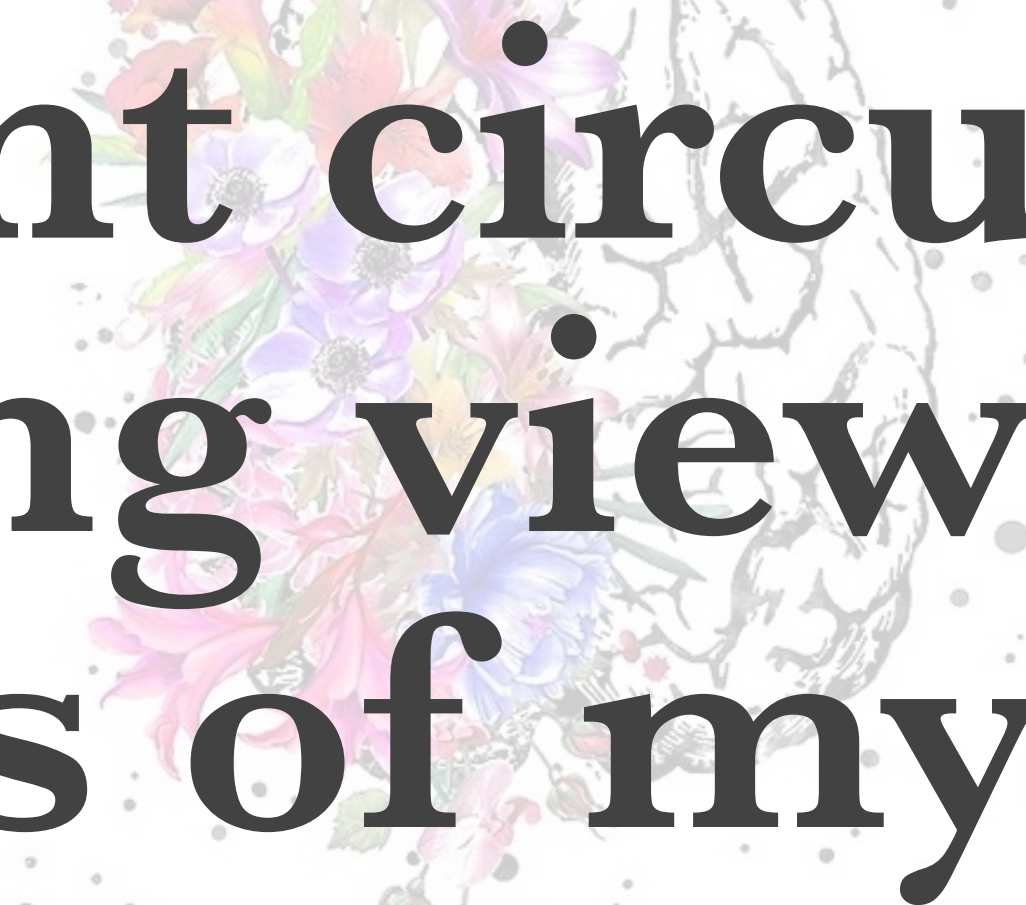
*New International Version*

*a gateway collection*





Stigma: *a mark of disgrace associated with a particular circumstance, quality, or person.*



**My current circumstances  
were being viewed by the  
lenses of my past.**

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**Make a decision to change  
your story line.**

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# 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.