

The Gospel + Mental Health



To Submit Questions:

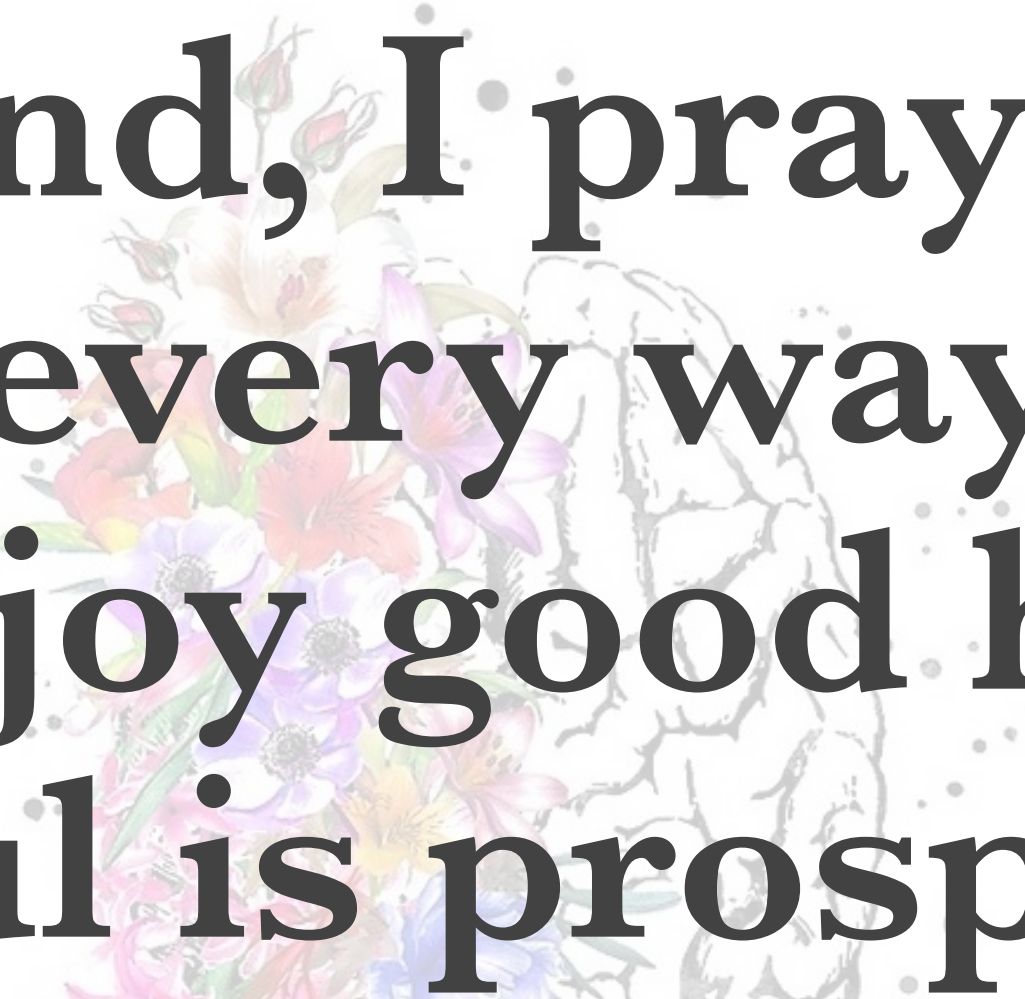
Email: mentalhealth@yourgateway.com

Text: 203-951-9209

Utilize the “HOPE BASKET”



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

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Biological Self

- * Chemical imbalance
- * Genetics
- * Illness
- * Life stage changes
- * Injury / Disability
- * Poor health habits



Experiential Self

- * Isolation
- * Negative messages
- * Negative self-talk
- * Spiritual attack
- * Stress and fear
- * Trauma

Is my situation found in the Bible?

Elijah: 1 Kings 19
Hannah: 1 Samuel 1:7-10
Moses: Numbers 11:10-15
Peter: Luke 22:62



**We can't heal, recover, grow or contribute
living from behind our armor.**

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**We can't arrive at courage without
walking the path of vulnerability.**

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“Pooh, what’s the bravest thing you’ve ever said?” asked Piglet.

“**Help!**” said Pooh.





**Courage is contagious.
Enter the arena.**

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Mental Health: Our Brave Pursuit

“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.

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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 14.²



A central illustration of a human brain, rendered in a light, sketchy style. The brain is surrounded by a variety of colorful flowers, including purple, pink, and orange blooms, along with green leaves and stems. Small black dots are scattered around the brain and flowers, creating a sense of movement or a neural network. The overall composition is centered and serves as a background for the main text.

We are in this together!

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Depression and Anxiety

1. Depression and anxiety are the two most common mental health conditions.
2. Depression is the leading cause of disability worldwide, and the leading cause of missed days off work in the United States.

How does depression and/or anxiety develop?

1. **Biological factors such as genes or brain chemistry.**
2. **A family history of mental health problems.**
3. **Life experiences such as loss of employment, death of a loved one, divorce, or traumatic events.**

Meet:
**Sister
Serve-A-Lot**



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Symptoms of Depression

- **Changes in appetite**
- **Changes in sleep patterns**
- **Low energy**
- **Physical restlessness or slowed movements**
- **Difficulty concentrating**
- **Loss of interest in activities**
- **Feelings of guilt and/or worthlessness**

Depression impacts our thinking.

Depression impairs one's ability to see the good in themselves and feel hopeful about the future.

Clinical experts call these negative thought patterns as cognitive distortions.

Cognitive distortions = Believing a lie



Depression impacts our thinking.

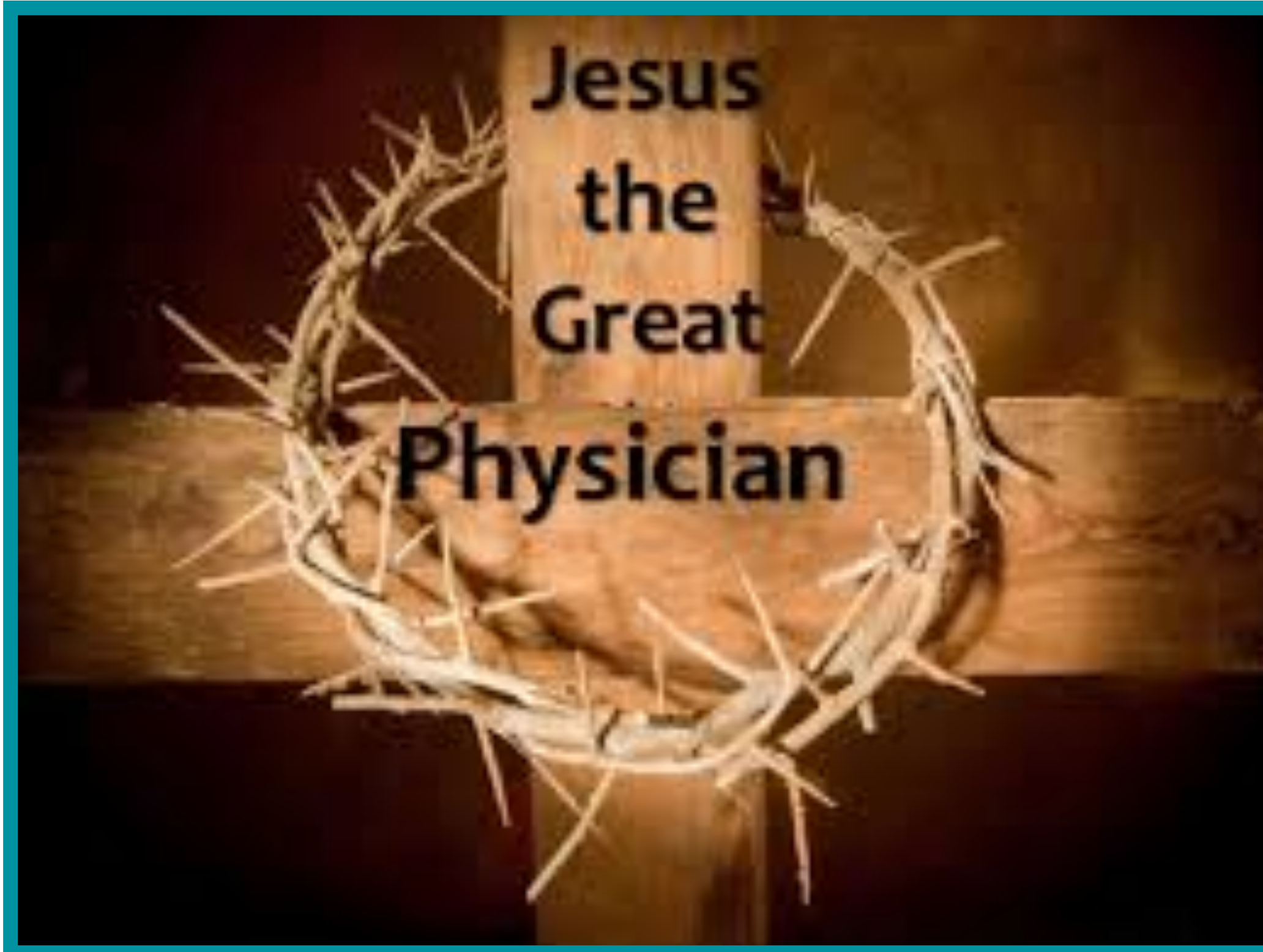
Cognitive behavioral therapy is a specialized type of therapy that helps identify and address these negative thought patterns.

How can you offer help and hope to someone battling depression:

- Recognize that those battling depression are not lazy.
- Recognize that the symptoms of depression are not personal.
- Listen with compassion.
- Share information from the resource guide.

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.



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