

The Gospel + Mental Health



To Submit Questions:

Email: mentalhealth@yourgateway.com

Text: 203-951-9209

Utilize the “HOPE BASKET”



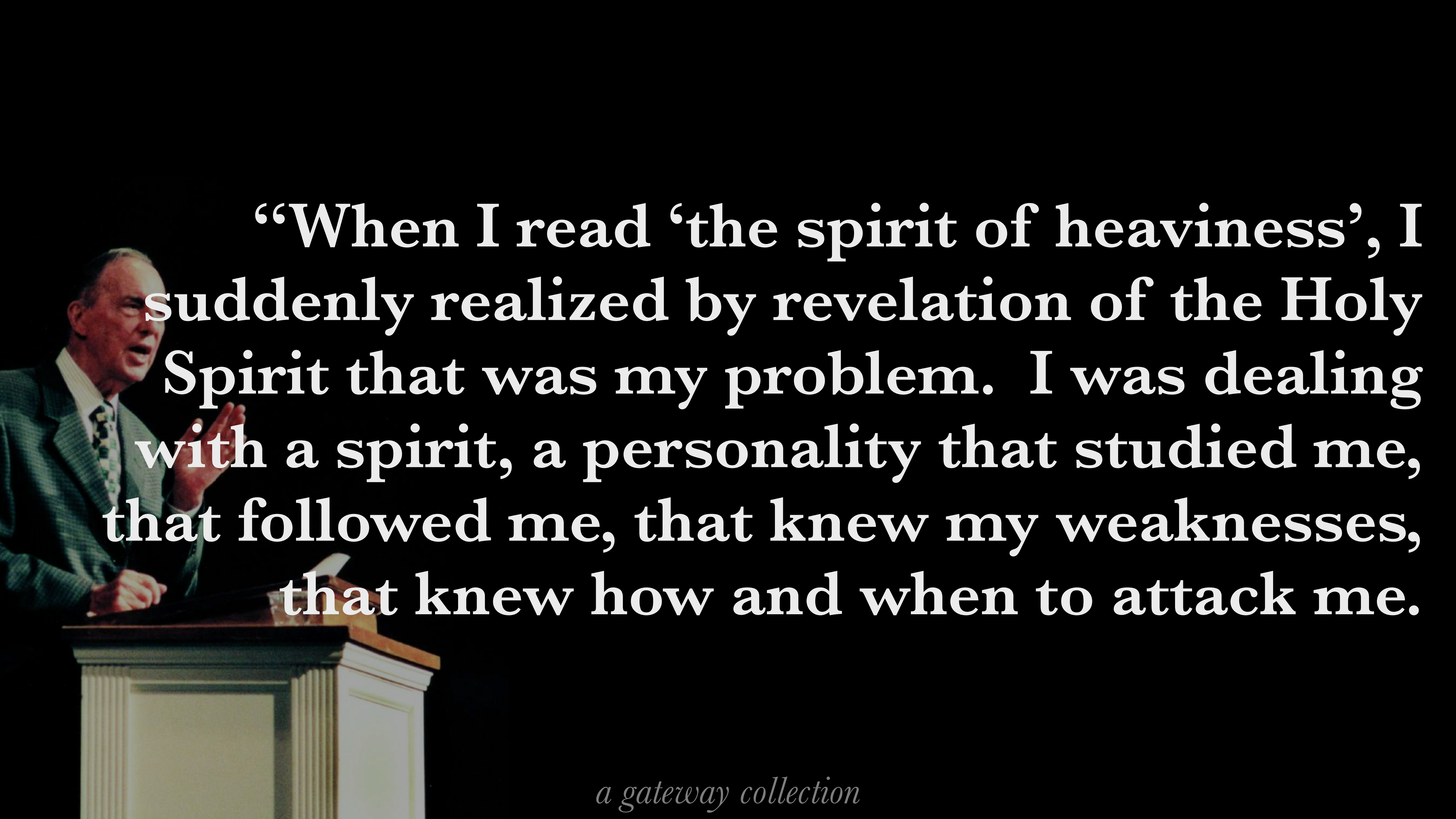
Myra L. Mathis-Uwanogho, MD



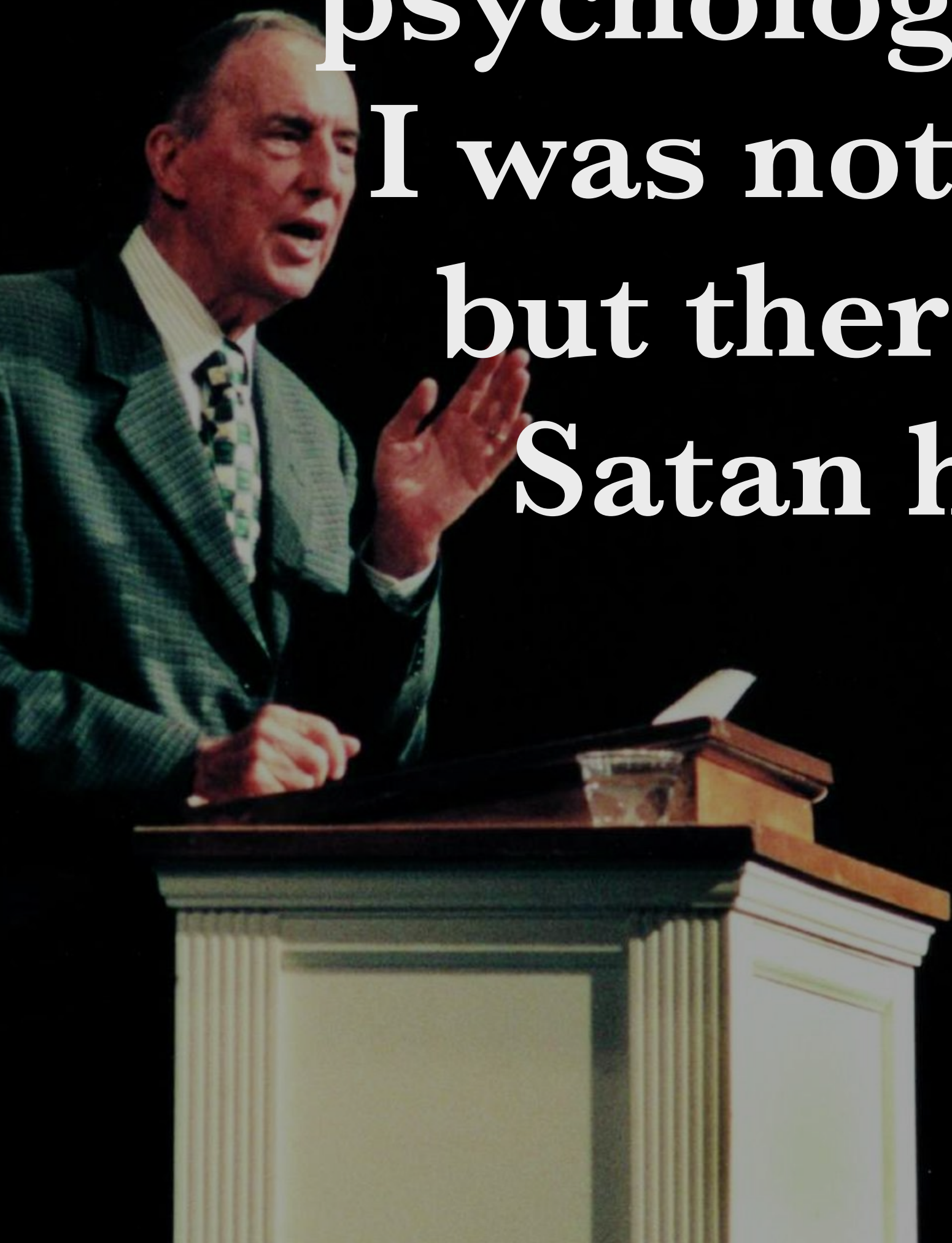
“...for He (Jesus) has delivered me out of all my trouble and my eyes have seen the end of my enemies.”

Psalm 54:7

International Standard Version

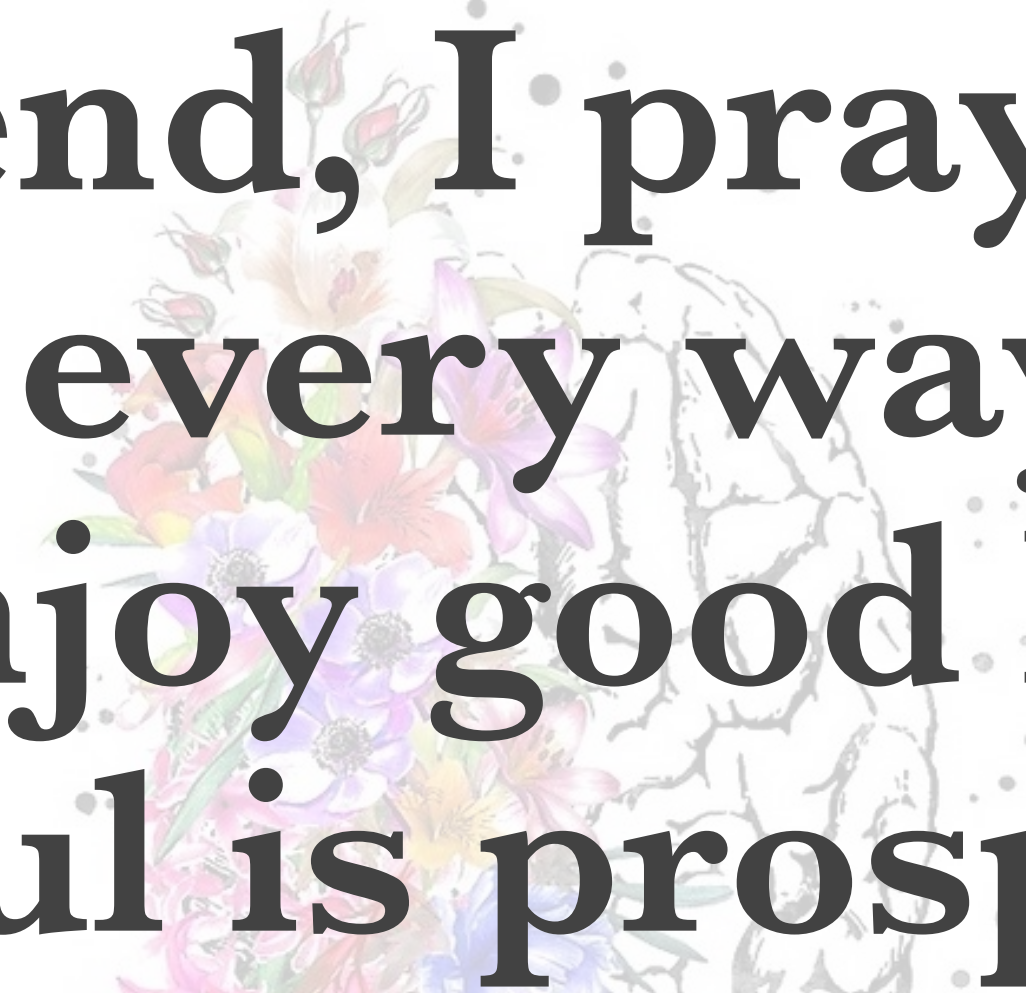
A man in a dark suit and tie is speaking at a wooden podium. He is gesturing with his right hand. The background is dark. Overlaid on the image is a large white text quote.

“When I read ‘the spirit of heaviness’, I suddenly realized by revelation of the Holy Spirit that was my problem. I was dealing with a spirit, a personality that studied me, that followed me, that knew my weaknesses, that knew how and when to attack me.



I was not dealing with some mental or psychological conditions merely in myself. I was not dealing with some habit pattern but there was a person set against me by Satan himself studying me, plotting my downfall.”

Derek Prince



“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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"When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."

James 1:13-15
New International Version

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IDOLATRY

A momentary decision and/or lifestyle seeking to find truth, healing, pleasure, purpose, identity, etc., outside of Jesus Christ.

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 Corinthians 10:4-5
New International Version

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**Too many of us are coping,
not HOPING!**

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“Therefore, dear friends, since you have been forewarned, be on your **guard** so that you may not be carried away by the error of the lawless and fall from your secure position. 18 But **grow** in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.”

2 Peter 3:17-18

New International Version

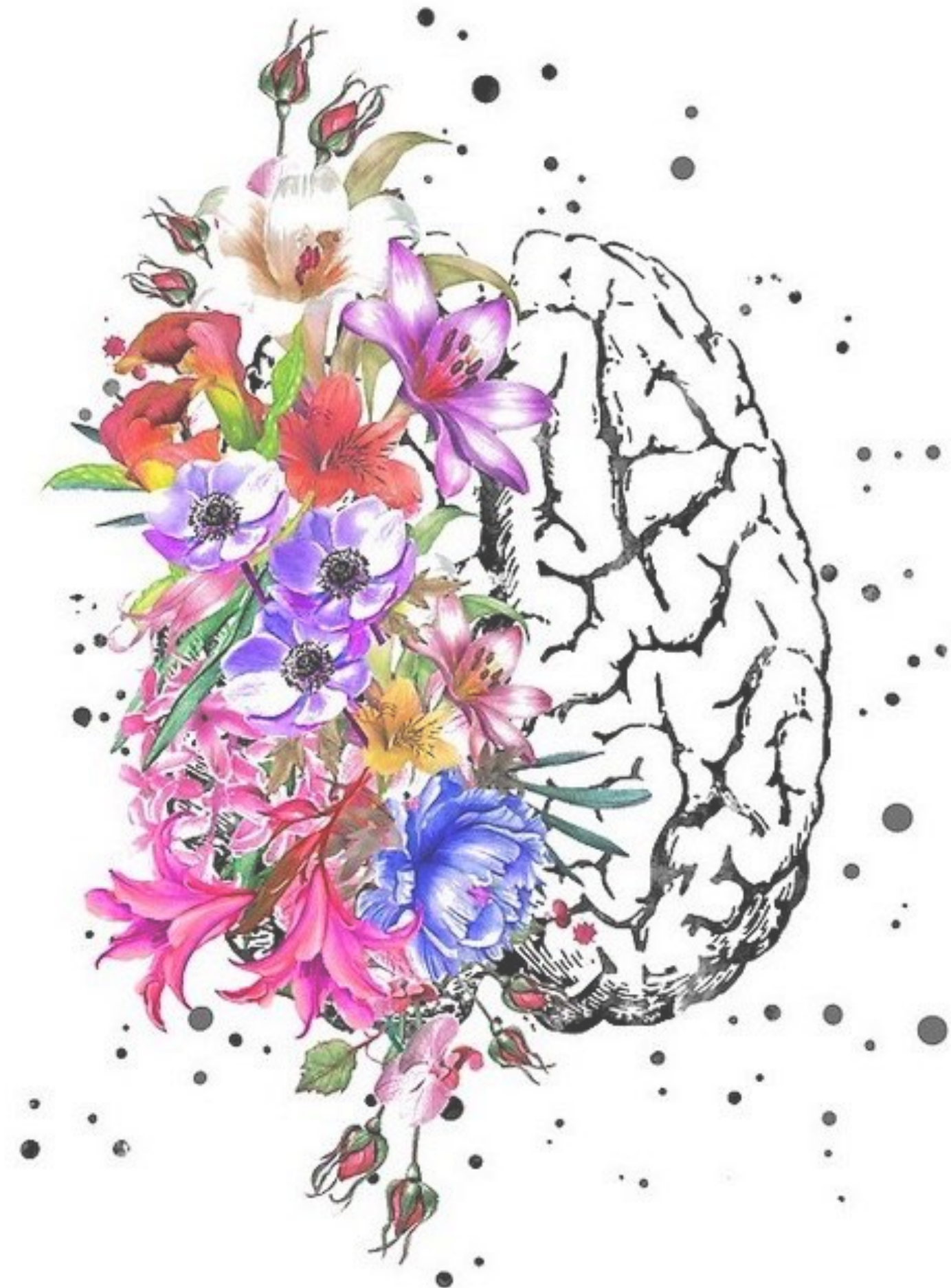
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“Above all else, **guard** your heart,
for everything you do flows from it.”

Proverbs 4:23
New International Version

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The Gospel + Mental Health

Factors that contribute to mental health conditions:

- 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.**

Revisiting Anxiety Disorders

Panic Disorder

Agoraphobia (fear of leaving home)

Specific Phobias

Social Anxiety Disorder

Generalized Anxiety Disorder

Generalized Anxiety Disorder

Excessive worry about multiple areas of your life for more days than not over the course of at least 6 months associated with 3 or more of the following:

- 1. Restlessness or feeling keyed up or on edge.**
- 2. Easily Fatigued.**
- 3. Difficulty concentrating or feeling like your mind is going blank.**

Generalized Anxiety Disorder



4. Irritability.
5. Muscle tension.
6. Sleep disturbance.

Mental health conditions that need specialized treatment:

- 1. Bipolar Disorder**
- 2. Psychotic Disorders (e.g: Schizophrenia and Schizoaffective Disorder)**
- 3. Developmental Disorders (e.g: Autism)**
- 4. Eating Disorders**
- 5. Neurocognitive Disorders (e.g: Alzheimer's Dementia).**

What is an addiction?

Addiction is a treatable, chronic condition involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences.

People with addiction use substances, or engage in behaviors that become compulsive, and often continue despite harmful consequences.



**{ 40 Million
or >1 in 7**

**AGES 12 AND OLDER
HAVE ADDICTION...**

**...THIS IS MORE THAN THE
NUMBER OF AMERICANS WITH:**



**HEART CONDITIONS
(27 Million)**



**DIABETES
(26 Million)**



**CANCER
(19 Million)**

What is the health impact of addiction?

- Tobacco use is the number one cause of preventable death in the United States.
- Unhealthy alcohol use is the number three cause of preventable death in the United States.
- The current opioid epidemic has placed addiction in the headlines, with families and communities across the country being impacted.

Unhealthy Coping Mechanisms vs. addiction

- Engaging in substance use or unhealthy behaviors to escape negative feelings is an example of an unhealthy coping mechanism
- Addiction is defined by 11 symptoms that can be put in 3 categories:
 - Cravings
 - Loss of Control
 - Consequences

Stigma in Addictions



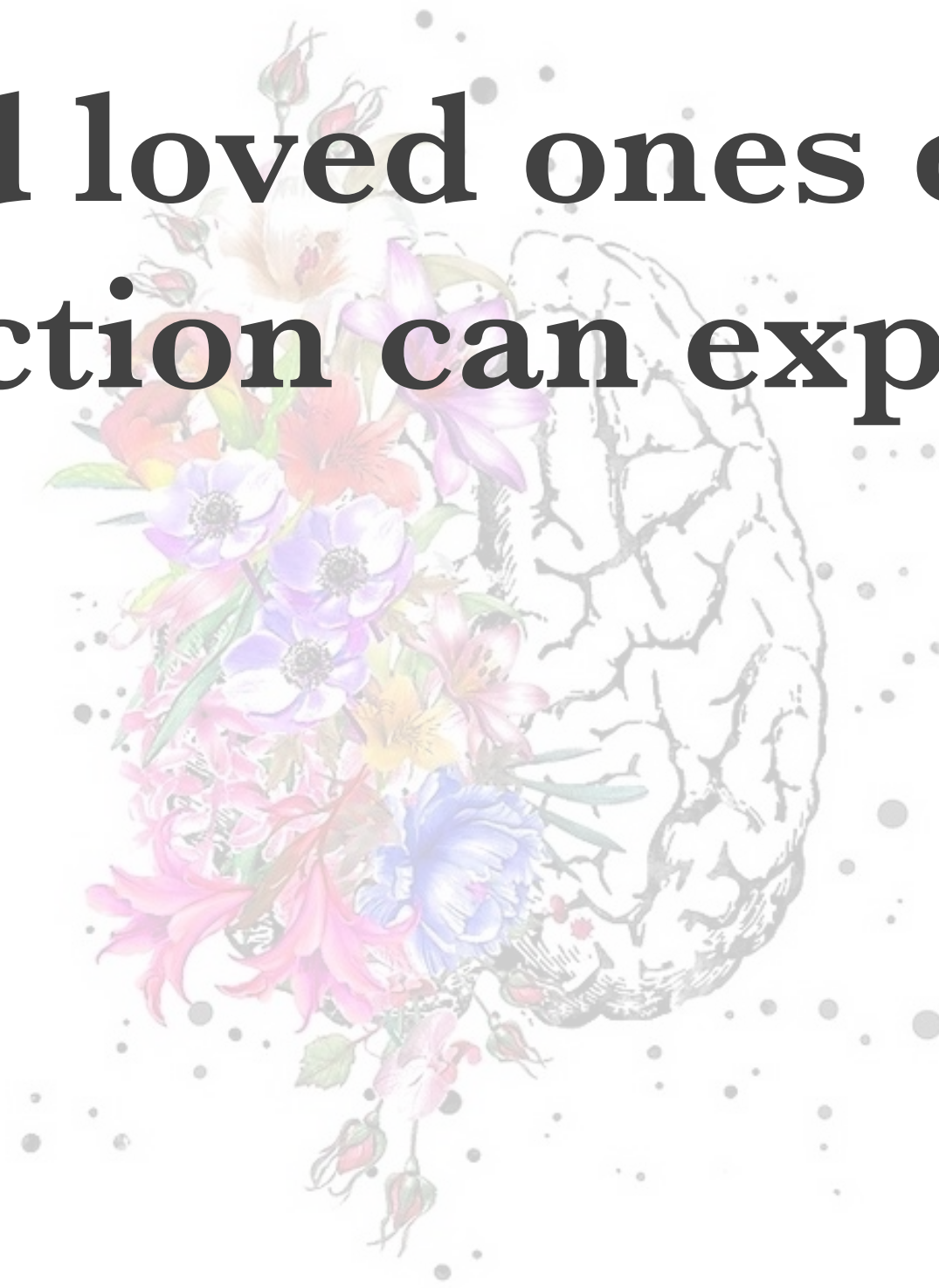
Stigma: a mark of disgrace associated with a particular circumstance, quality, or person.

For those with addictions, stigma creates barriers that prevent them from accessing treatment.

Addiction and Families

Family members and loved ones of someone struggling with addiction can experience strong emotions including:

- Anger
- Frustration
- Disappointment
- Guilt
- Judgment
- Hopelessness



Help and Treatment for Addictions:

- **Evidence-based psychotherapy (CBT, Motivational Interviewing)**
- **Medications for addictions**
 - * **Tobacco use**
 - * **Alcohol use**
 - * **Opioid use: life saving medications like suboxone and methadone**
- **Self-help groups like Alcoholics Anonymous**
- **Prayer ministry / Deliverance**

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.

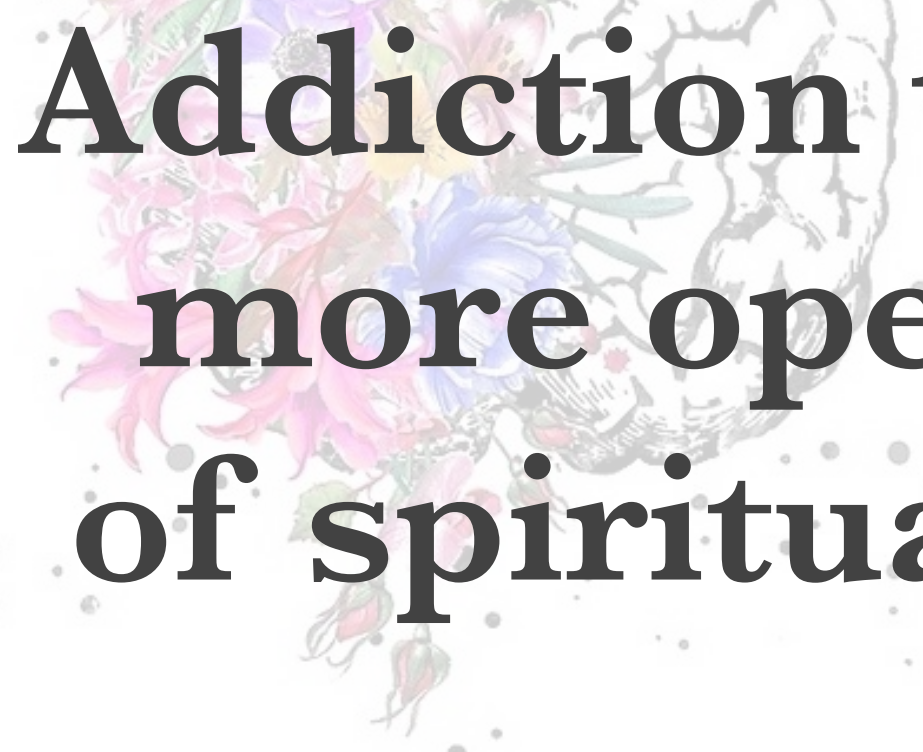


Addiction & Spirituality

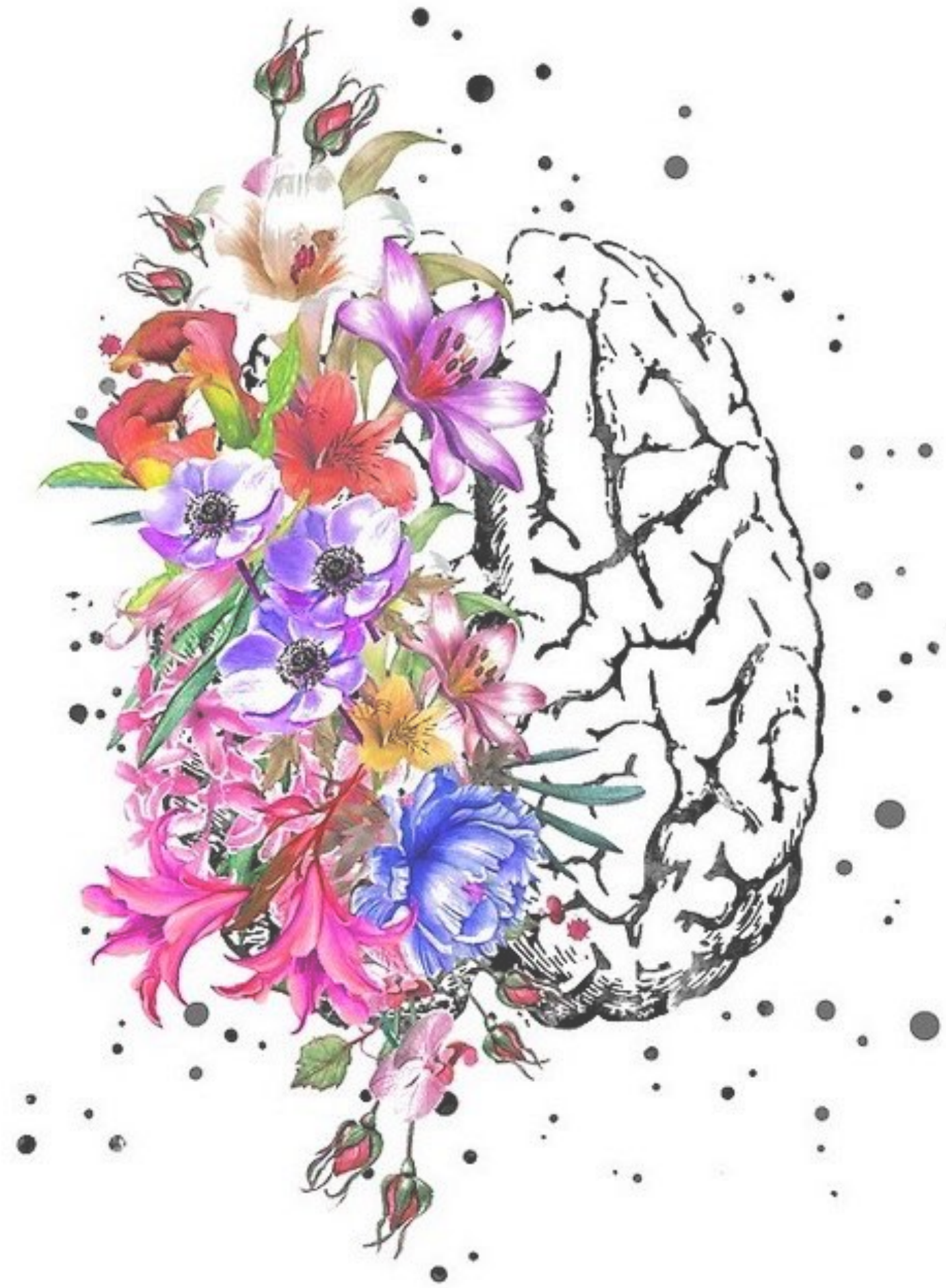
ADDICTED TO CHRIST

Remaking Men in Puerto Rican
Pentecostal Drug Ministries

HELENA HANSEN



Addiction treatment is historically
more open to embracing the idea
of spirituality than any other area
of medicine.



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