



BRAVE CHURCH
TACKLING TOUGH TOPICS
TOGETHER

Chapter 3 - Mental Illness

Opening Prayer

God, we cry out to you with open hearts. We ask for the courage to share our pain – to tell stories that may be difficult to tell, to hear stories we might not want to hear, and to listen for the gifts our struggles can bring. We want to be a community that can sing sad songs. We want to be a community that does real life together. Amen

Covenant Rules

RULE 1

We will accept conflict and commit to the way of kindness.

RULE 2

We will take responsibility for how our own words are received.

RULE 3

We will ask permission before we challenge someone's views on a subject.

RULE 4

We will show respect for one another and graciously receive feedback if someone feels disrespected.

RULE 5

We will use 'I' instead of 'you' statements. We will not accuse or attack."

RULE 6

Give everyone who wants to speak an opportunity to do so.

Topics for Week 3 October 13

Definition of mental illness and its presence in the world

- What surprises you?

Stigma around mental illness

- What did you grow up with?
- What stigma(s) exist today? At Grace?
- Impact of COVID-19 pandemic on mental health stigmas?

Topics for Week 3 October 13

(continued)

Mental Health awareness at Grace

- How to balance being a welcoming community for those wanting/willing to talk about their mental health vs. providing a smaller safe space for those less comfortable opening up?
- What resources does Grace currently provide?

Role of prayer

- How can we at Grace demonstrate prayer in action related to mental illness?

“Saddest song in the Bible”

(read slowly)

I am overwhelmed with troubles and my life draws near to death.

I am counted among those who go down to the pit; I am like one without strength.

I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care.

You have put me in the lowest pit, in the darkest depths.

Your wrath lies heavily on me; you have overwhelmed me with all your waves.

You have taken from me my closest friends and have made me repulsive to them.

PSALM 88:3-8, NIV

What are Mental Illnesses?

- According to the CDC, “Mental illnesses are conditions that affect a person’s thinking, feeling, mood or behavior”
 - Serious mental illness is a condition that “substantially interferes with or limits one or more major life activities”
- Types of mental illness include:
 - Mood disorders, including depression
 - Anxiety disorders
 - Attention-deficit/hyperactivity disorder (ADHD)
 - Post-traumatic stress disorder
 - Personality disorders
 - Schizophrenia spectrum disorders
 - Substance abuse disorders

Who does Mental Illness Impact in America?

- One in five Americans experiences mental illness each year
- One in 25 Americans lives with a serious mental illness
- More than 50% of Americans will be diagnosed with a mental illness in their lifetime
- ½ of chronic mental illnesses are diagnosed by age of 14 (75% by age 24)
- One in five children has a debilitating mental illness

People-first language

- Language that places the person before the condition or illness
 - For example, saying “people who are living with mental illness” instead of “the mentally ill”

Mental Illness & Mental Health Resources

- PC(USA) Mental Health Ministry
(<https://www.presbyterianmission.org/ministries/compassion-peace-justice/mental-health-ministry/>)
- WHO World Mental Health Day (<https://www.who.int/campaigns/world-mental-health-day/2022>)
- CDC Mental Health: (<https://www.cdc.gov/mentalhealth/index.htm>)
- Suicide and Crisis Hotline – dial 988 from a phone
- Mental Health First Aid
 - Training: ([Get Trained - Mental Health First Aid](#))
 - Mental Health Resources (<https://www.mentalhealthfirstaid.org/mental-health-resources>)