



Mental Health and Youthwork

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www.mindandsoul.info

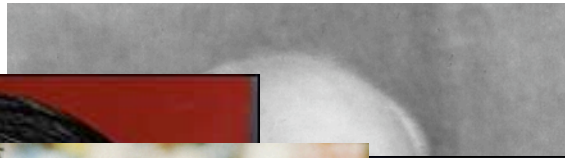
@robwaller @mindandsouluk



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Can you spot the psychiatrist...





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Promo movie

My mad fat diary



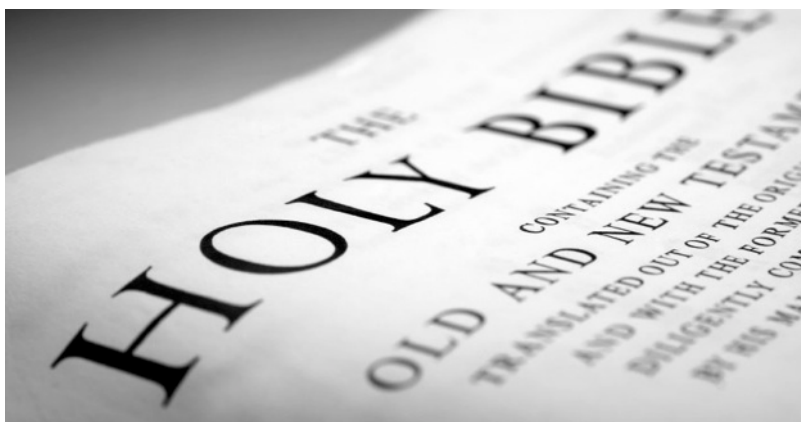




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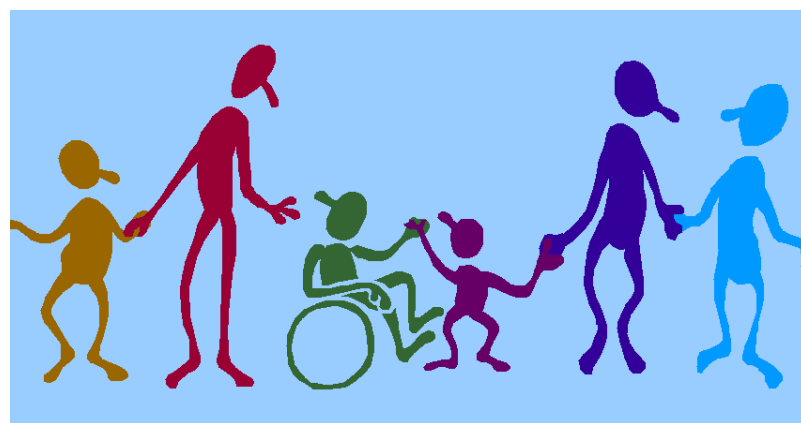
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Mental Health Friendly Churches

www.mindandsoul.info/mhfc

Churches are friendly to issues of health and disability as measured by the extent to which:

- People with difficulties **feel they 'belong'** whether or not they are able to take part in or attend meetings (although it is of course a good sign if they do feel able to attend and be part of meetings)
- A **contact/team is available** to consult with who 'champion' issues around disability and health and are able to signpost local services
- Information is available **in alternative formats** appropriate for different needs [e.g. large print, audio, electronic]
- Physical **adjustments are willingly made** to help those with different needs and the style of individual services is relatively predictable
- Church activities welcome, accept and are positive environments that **are flexible to people's needs**
- People **give their time sacrificially** to listen and respond to pastoral issues, ideally described by a Pastoral Care Policy/Strategy
- The culture/ethos of the church is one of an **on-going journey** of valuing all, addressing their needs and enabling them to use their gifts and contribute



Addictions: Drugs and Emotion



- **CAGE**
Questionnaire

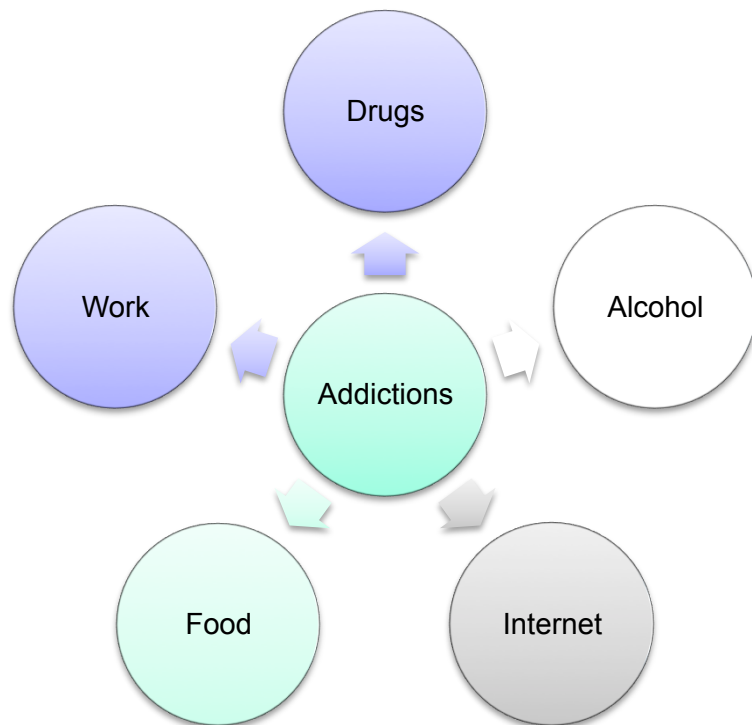
- Have you ever felt you needed to **Cut down** on your drinking?
- Have people **Annoyed** you by criticizing your drinking?
- Have you ever felt **Guilty** about drinking?
- Have you ever felt you needed a drink first thing in the morning (**Eye-opener**) to steady your nerves or to get rid of a hangover?



There are many types of addiction...



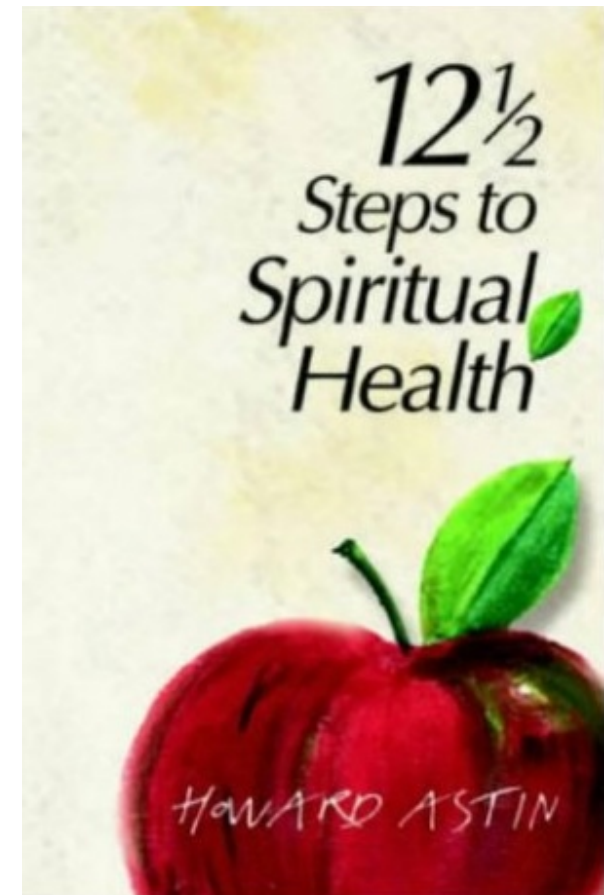
Addictions: How to help



- Be safe
- Be prepared
- Be realistic

- **Be friends**
- **Build a new life**

- Step 1** We admitted we were powerless over alcohol – that our lives had become unmanageable.
- Step 2** Came to believe that a Power greater than ourselves could restore us to sanity.
- Step 3** Made a decision to turn our will and our lives over to the care of God as we understood Him.
- Step 4** Made a searching and fearless moral inventory of ourselves.
- Step 5** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- Step 6** Were entirely ready to have God remove all these defects of character.
- Step 7** Humbly asked Him to remove our shortcomings.
- Step 8** Made a list of all persons we had harmed, and became willing to make amends to them all.
- Step 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step 10** Continued to take personal inventory and when we were wrong promptly admitted it.
- Step 11** Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- Step 12** Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.



Howard
Astin
ISBN:
1854245791



Self Harm: Pain and Emotion

SPOT the SELF HARMER.



You may be surprised.



Self Harm: How to help



www.selfharm.co.uk

- Listen, be honest and consistent
- Identify emotions and expand coping portfolio
- Encourage them to explore the underlying issues
- Don't avoid the subject
- Don't tell them to stop or intervene
- Affirm their positive choices



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Self harm hear me movie



Eating Disorders: Food and Emotion

- Anorexia
- Bulimia
- EDNOS
- Binge Eating Disorder
- Obesity





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Dove evolution commercial movie



Eating Disorders: How to help

& anorexia
bulimia
care

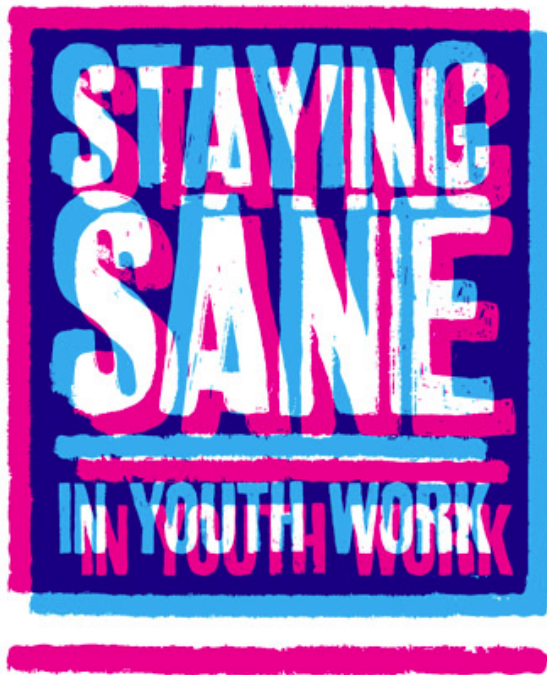
www.anorxiabulimiare.org.uk

- Focus on feelings > food
- Let them talk and clarify
- Encourage to see GP
- Don't use emotional blackmail!
- Don't tell lots of people



Staying Sane in Youthwork



<http://youthwork-magazine.co.uk/main/article/stayingsane>



- Emotions are normal
- Know your burnout signs
 - Learn to say NO
- Five F's: friends, fun, faith, food, fitness
- Alongside Companion
 - Holy Spirit
 - Accountability Group





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Events

[Past Conferences](#)

[Slides and Handouts](#)

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MindSet: The Conference 2011

A one-day conference for Youth Leaders on mental health and emotional wellbeing

Soul Survivor Watford Saturday April 2nd 2011

By Premier Mind & Soul and Soul Survivor



Click the links below to play [stream] audio files or to download PDFs of slides.
To **download audio**, [click here](#).

Please feel free to share the material, but please do not alter it in any way and please reference Mind and Soul when you use it. See our [disclaimer](#) for more information.

Passion for Problems – Rob Waller - [audio](#), [slides](#)

Why do I harm myself? – Donna Wade - [audio](#), [slides](#)

Why can't I eat normally? – Jane Smith - [audio](#)

Why do I get addicted to things? – Andre Radmall - [audio](#), [slides](#)

Circles of Security - Will Van Der Hart - [audio](#)

Divorce & separation – Pete English - [audio](#), [slides](#)

How to manage your emotions – Rob Waller - [audio](#)

Why do I feel so sad? – Kate Middleton - [audio](#), [slides](#)

Why do I feel so sad? – Kate Middleton - [audio](#), [slides](#)

Why am I so unhappy? – Kate Middleton - [audio](#), [slides](#)

Should I take medication or see a psychiatrist? – Rob Waller - [audio](#)

Question Time and Closing Prayer - Panel - [audio](#)

[Full Brochure](#) or A4 Poster

[Pictures on Facebook](#)

Resources

After the conference, where do you get help? This list of organisations will help. Some national, some local. Some Christian, some secular.

Organisation Directory

Search:

B-Eat

National Eating disorders charity, providing help and advice for young people, their

www.mindandsoul.info/mindset

Good evening, Rob

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Courses

**WHY DO
I FEEL
SO BAD?**

1. Why do I feel so bad?

Introduction: One of the greatest challenges to feeling better is to work out why we feel as we do. Step by step this booklet clearly helps you understand the impact of distress on five key areas of our life

**I CAN'T BE
BOTHERED
DOING
ANYTHING**

2. I can't be bothered doing anything

Learn how to overcome reduced activity
Too tired to do things?
So fed up you can't be bothered?
Staying in bed all day?

3. Why does everything always go wrong?

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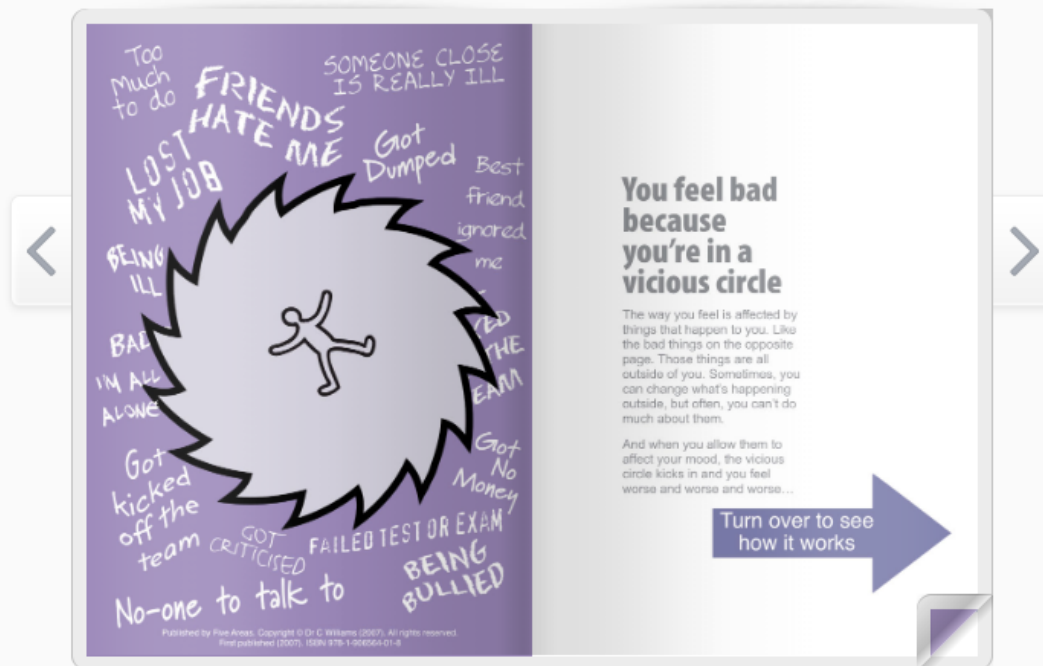
[Facilitators Forum](#)

search the site

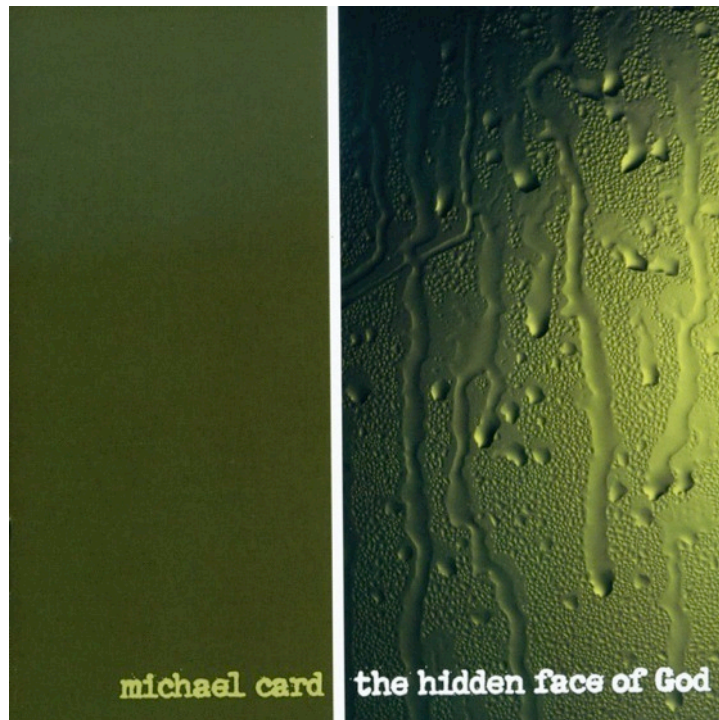
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www.mindandsoul.info/llttfwg



The Silence of God

Michael Card
The Hidden Face of God



It'll drive a man crazy	By the silence of God	
It'll break a man's faith		He's kneeling in the garden
It's enough to make him wonder	But when you have to listen	As silent as a stone
If he's ever been saved	To the voices of the mob	And all His friends are sleeping
	Who are reeling in the throes	And He's weeping all alone
When he's bleating for comfort	Of all the happiness they've got	
From Thy staff and Thy rod		And the Man of All Sorrows
And the heavens only answer	When they tell you all their troubles	He never forgot
Is the silence of God	Have been nailed up to that cross	What sorrow is carried
	What about the times	By the hearts that He bought
It'll shake a man's timbers	When even followers get lost	So when the questions dissolve
When he loses his heart	...Cos we all get lost some times	Into the silence of God
When he has to remember		The aching may remain
What broke him apart	There's a statue of Jesus	But the breaking does not
This yoke may be easy	On a monastery knoll	The Silence of God
But this burden is not	In the hills of Kentucky	The aching may remain
When the crying fields are frozen	All quiet and cold	But the breaking



The Church and Mental Health

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- Paracetamol COX-3 action in brain and spinal cord
- Morphine - Delta for analgesia/Mu for euphoria and dependence - both in the brain
- Chemotherapy - varied action, but ‘necessary to save life’
- Anti-epileptic medication - action in the brain but epilepsy seen as medical illness
- The Morning After Pill - objection is ethical not medical
- The Combined Contraceptive Pill - differential objection based on ethics not mode of action