

The Church and Mental Health

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Premier.

mind & soul

exploring christianity and mental health



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LLTTFWG

Living Life to the Full - With God

Dementia
friendly church

Two thirds of people with dementia feel anxious or depressed. How could your church help them feel safe, respected and loved?

livability

NHS

How to do counselling?

John 21 v15-22

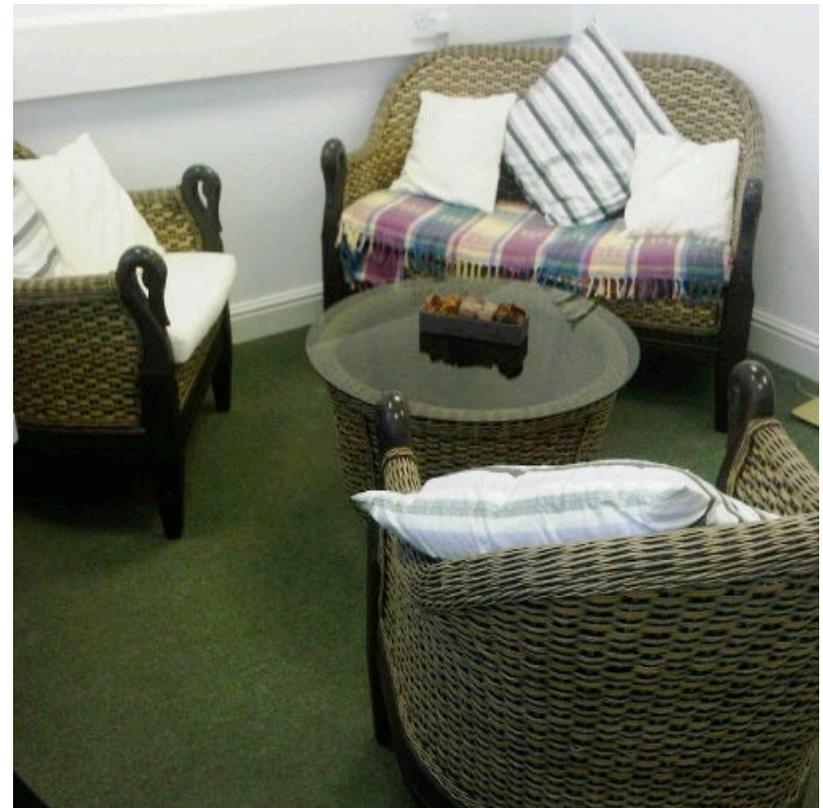








Isolation before Integration





A BEAUTIFUL MIND



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Redemption before Recovery





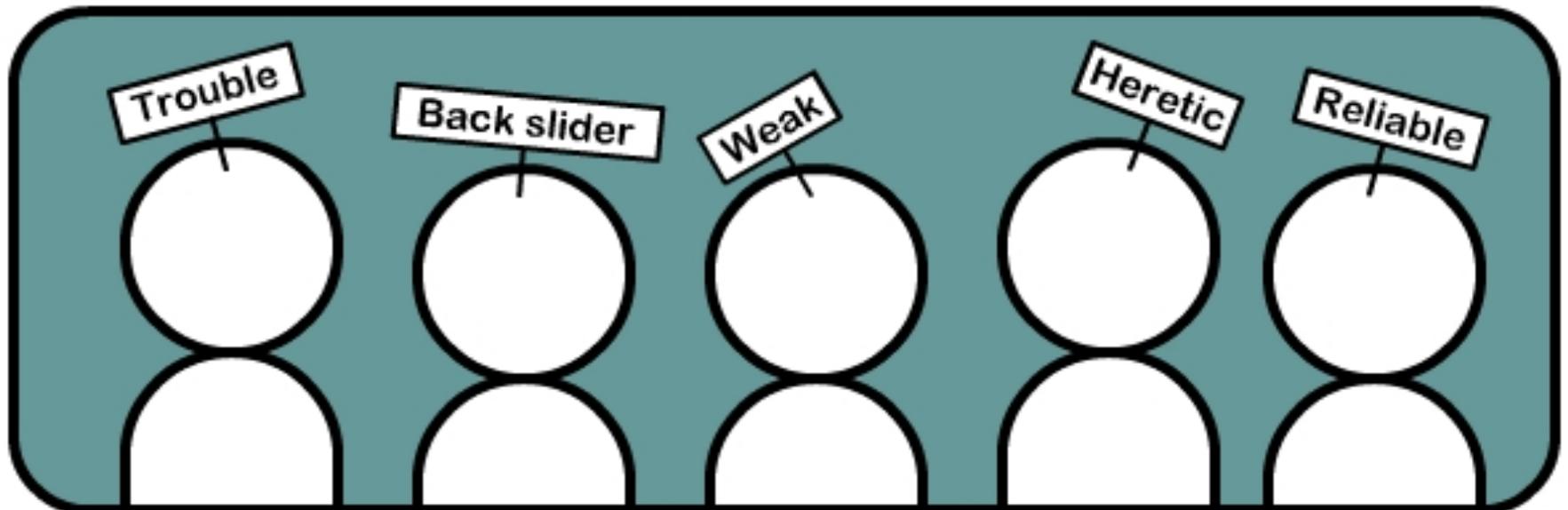
GRACE.

The Church's best kept secret.

SPOT the SELF HARMER.



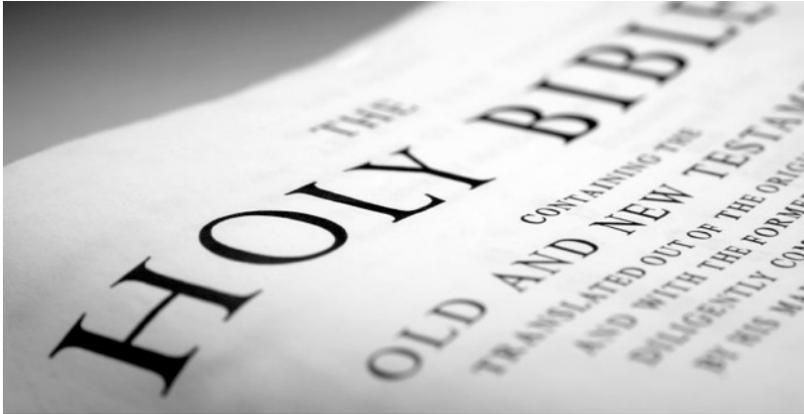
You may be surprised.



Label people. That way you'll know where you are.



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Questions for Discussion

- What does a mental health friendly church look like?
- What are mental health problems caused by – spiritual, psychological, others?
- What are mental health problems helped by – spiritual, psychological, others?

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

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Do you struggle with guilt? Find effective tools in our new book

[Read more](#)



The Guilt Book
A path to grace and freedom

Will van der Hart & Rob Walker

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Welcome
Vision
Get Involved
Contact Us

The Bottomless Pit
Hazz writes about her story with suicidal acts and thoughts, about how God brought hope and a degree of peace.
01/19/2014 | [Read more](#)

Words Matter - Emotional Abuse and The Church
Society is changing its attitude to emotional abuse but is the church lagging behind? Emotional abuse is often overlooked in the church but what we say and how we say it really matters.
28/09/2014 | [Read more](#)

The Guilt Book - Radio Review
This short (10 minute) interview on Premier Christian Radio by Andy Cooper and Rob Jackson looks at The Guilt Book - its aims and target audience, and its main themes.
24/09/2014 | [Read more](#)

Depression
An overview of Depression - signs and symptoms, treatments, and challenges. How it relates to the Christian faith. Links to relevant parts of this website.
14/09/2014 | [Read more](#)

Speaking of Suicide - World Suicide Prevention Day 2014
A post to mark World Suicide Prevention Day. Silence is suicide's greatest ally. So let's break the silence.
10/09/2014 | [Read more](#)

Tweets from @mindandsouluk

Mind and Soul (@mindandsouluk) British Sign Language (BSL) available at our conference next weekend - [m3.premier.org.uk/emotions](#) @ChurchesForUK pic.twitter.com/2jnd5Y7jgh

Mind and Soul (@mindandsouluk) Perfectionism isn't really about a deep love of being meticulous it's about fear of making a mistake...of disappointing others Michael Law

Viv Wade (@vivawade) BCLT, Ed @B2Books (@mindandsouluk) @rossingford25.c.u there David, met u Edinburgh one 2012 For healthy mind@soulchurch/don't mist

David Maloney (@BCLT_UK) Currently planning the @B2books stand at next week's @mindandsouluk #emotionsconf

Course

Listen

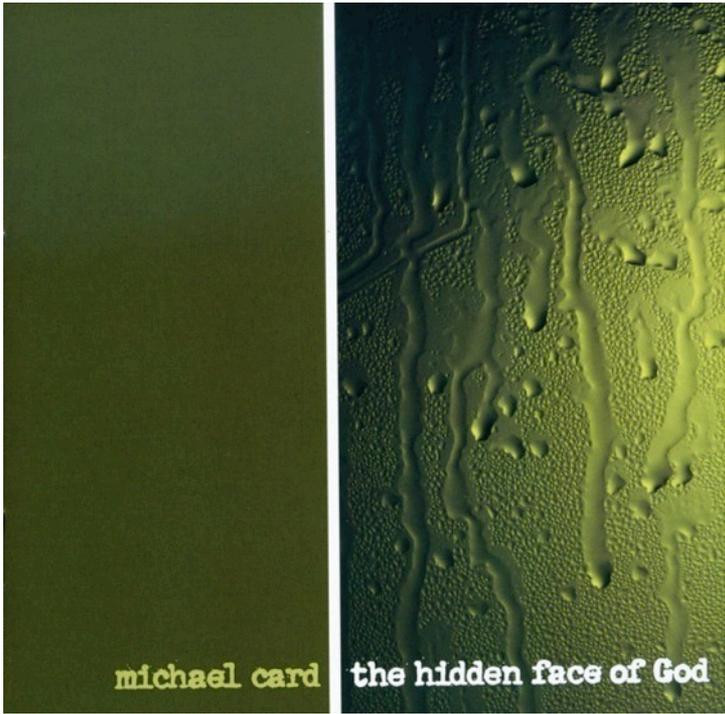
Comments

Directory

Mind and Soul The Guilt Trip 2014

Staying Same in Ministry Schizophrenia

[More Videos](#)



It'll drive a man
crazy
It'll break a man's
faith
It's enough to
make him wonder
If he's ever been
saved

When he's bleating
for comfort
From Thy staff and
Thy rod
And the heavens
only answer
Is the silence of
God

It'll shake a man's
timbers
When he loses his
heart
When he has to
remember
What broke him
apart

This yoke may be
easy
But this burden is

not
When the crying
fields are frozen
By the silence of
God

But when you have
to listen
To the voices of the
mob
Who are reeling in
the throes
Of all the happiness
they've got

When they tell you
all their troubles
Have been nailed
up to that cross
What about the
times
When even
followers get lost

...Cos we all get lost
some times

There's a statue of
Jesus
On a monastery

knoll
In the hills of
Kentucky
All quiet and cold

He's kneeling in the
garden
As silent as a stone
And all His friends
are sleeping
And He's weeping
all alone

And the Man of All
Sorrows
He never forgot
What sorrow is
carried
By the hearts that
He bought

So when the
questions dissolve
Into the silence of
God

The aching may
remain
But the breaking
does not
The Silence
of God

The Silence of God

Michael Card
The Hidden Face of God

