

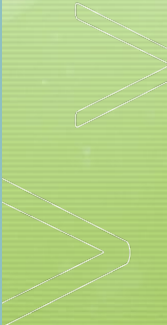
Sanctuary, Session 2



Session Two: Mental Health

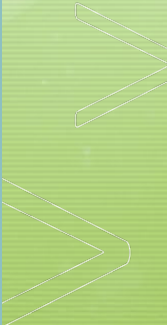


Review of Week 1

- Goal of the program: To raise awareness and start conversations in local parishes regarding mental health.
 - Goal for the end of the program: For those interested to start mental health ministry within a parish.
 - Not treatment but accompaniment.
- 

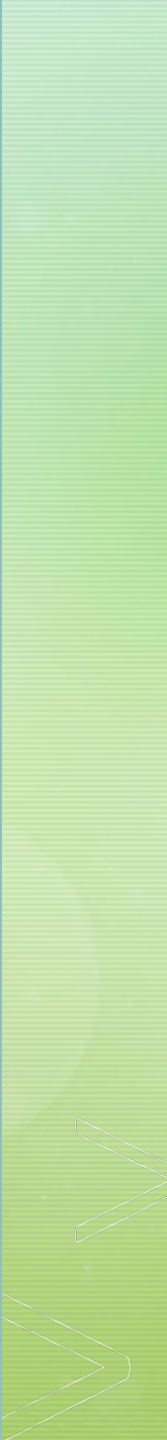


Psalm 42:5-6

- Why are you cast down, O my soul
 - And why are you disquieted within me ?
 - Hope in God, for I shall again praise Him,
 - My help and my God.
- 



Session Overview

- 1. Learn the difference between mental health and mental illness.
 - 2. Explore the mental health continuum (as individuals and as community members).
 - 3. Look at the role that community and faith play in mental health recovery.
- 

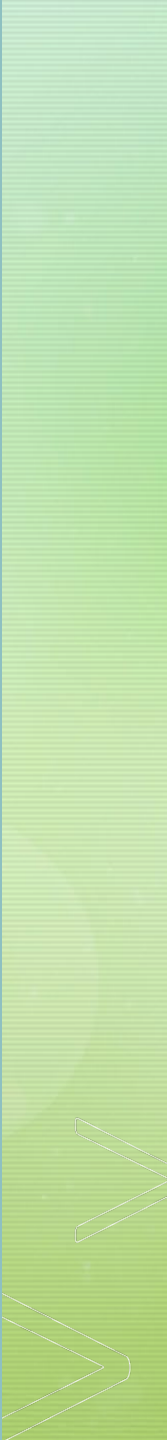


Psychological Perspective

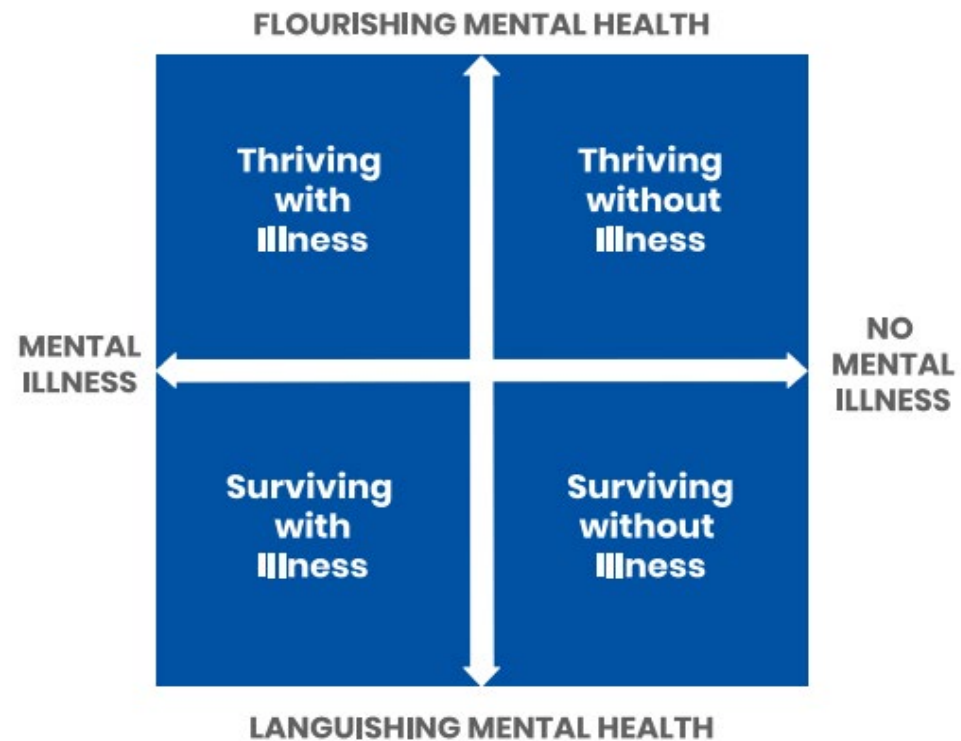
- Mental illness ‘represents the range of behaviors, thoughts and emotions that can result in some level of distress or impairment in areas such as work, school, social and family interactions and the ability to live independently. There are many kinds of mental health problems and illnesses. They range from anxiety and depressive disorders through to schizophrenia and bipolar disorder and are often associated with a formal medical diagnoses.’



Psychological Perspective

- Mental health ‘as a state of well-being in which a person understands 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’.
 - An individual can be living with a diagnosed mental illness and still experience elements of positive mental health.
- 

Mental Health Continuum





- Mental illness is just one factor among many when it comes to understanding mental health.
- Mental health is a constantly changing reality in our lives.
- Each of us will experience periods of languishing and flourishing over the course of our lives, whether or not you have a mental illness



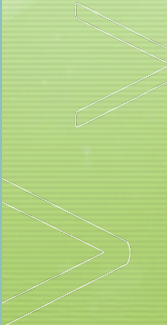


Discussion Questions

- Do you find the mental health continuum helpful ? Why or why not?
- Do you agree with the statement: Each of us will experience periods of languishing and flourishing over the course of your lives, whether or not you have a mental illness.

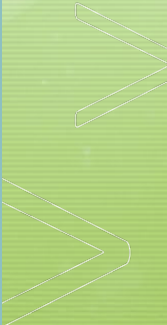


Film

- We meet Kasey who lives with anxiety and depression.
 - Discussion question: How does Kasey's story illustrate the reality of the mental health continuum ?
- 

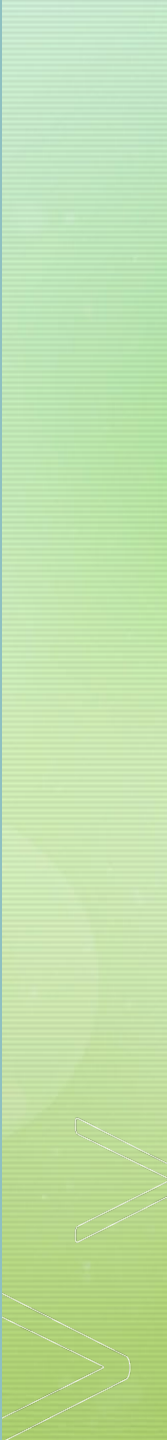


Theological Perspective

- Wherever one finds themselves – whether languishing without a mental illness, flourishing with a mental illness, or some other combination, God is there.
 - This message is often not communicated to people with mental health problems. Some have denied the existence of mental health problems or discouraged others from seeking professional help.
- 

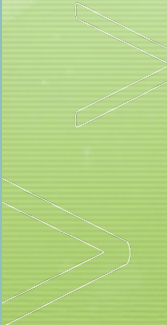


Theological Perspective

- Others when diagnosed withdraw relationally due to fear.
 - Others have failed to hear, understand and accept those living with health problems, thus creating the impression that God will not hear, understand or accept them.
- 

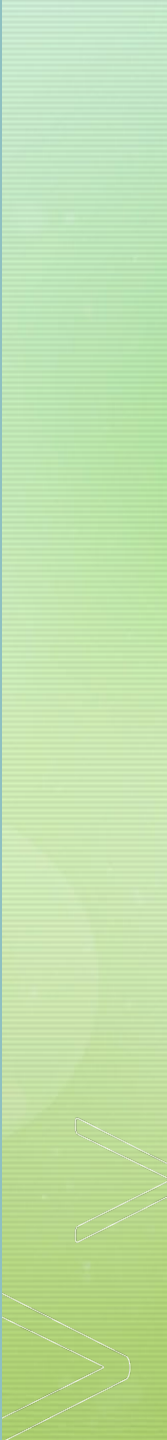


Biblical Views of Suffering

- Suffering as a means of transformation: God allows challenges and painful circumstances into our lives through his permissive will so that we can discover the places where we need to be transformed and turn to him for help.
 - Suffering as an opportunity for the revelation of God's glory: When suffering enters our lives it reminds us of our weakness and unique need for God. His comfort, healing and deliverance are often revealed when human solutions fail.
- 



Biblical Views of Suffering

- Suffering as an opportunity for communion with God: God is present with us in crossing and guiding us to the harbor of rediscovered peace.
 - Suffering as a temporary condition: when in pain the reminder can be a great source of hope and comfort.
- 



Discussion Question

- Was there a time when you were comforted by reflecting on one of these perspectives on suffering? Have any of these perspectives been harmful to you?



Reflection

- 1. Where do you find yourself on the mental health continuum today?
 - 2. Identify a time when you were flourishing. What were some contributing factors?
 - 3. Identify a time when you were languishing. What were some contributing factors ?
- 