

Mental Health and the Church



"You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment."

-Matthew 22:37-38

Local

Resources:

- Full Life
- Celebration of Hope
- Restoration Counseling
- The Counseling Center
- LMCCC

The Problem:

There is a strong delivery of shame towards those that are suffering. Suffering Christians will often turn to the church for help in mental health areas, but due to the lack of formal training for the pastoral staff, they often go without.

Why:

Mental illness is a taboo in the church if part of these misconceptions: it being a sign of weakness, a lack of faith, or even that it is a punishment for sin.



75% of pastors have had experience with mental illnesses.



74% of pastors knew someone diagnosed with clinical depression; 57% knew at least three people who were



23% of pastors indicated that they too struggled with mental illness themselves.

Interesting Fact:

In the mental health professional field, there has been an increasing amount of study on the connection between the body and mind. The National Alliance on Mental Illness has surveyed and indicated that it has been more evident than spirituality, faith, and religion individuals mentally. Some individuals incorporate religious practices with mental ones, some turn to their faith after a crisis, and some use their faith to manage their mental health.

What is the Solution?

The solution is integrated counseling. It is also the education/expansion of church staff to include mental health knowledge and professionals. The church is an opportune position to equip suffering members but also be a light to a suffering world through embracing both biblical truth and the sound study of mental health

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