Understanding Mental Health, Local Resources and How to help

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Agenda

- Who is affected
- Common causes
- Recognize signs & symptoms
- Labels and perspective shifts
- Resources
- How to help

Who is affected?

1 in 5 U.S. adults experience mental illness

1 in 20

1 in 20 U.S. adults experience serious mental illness

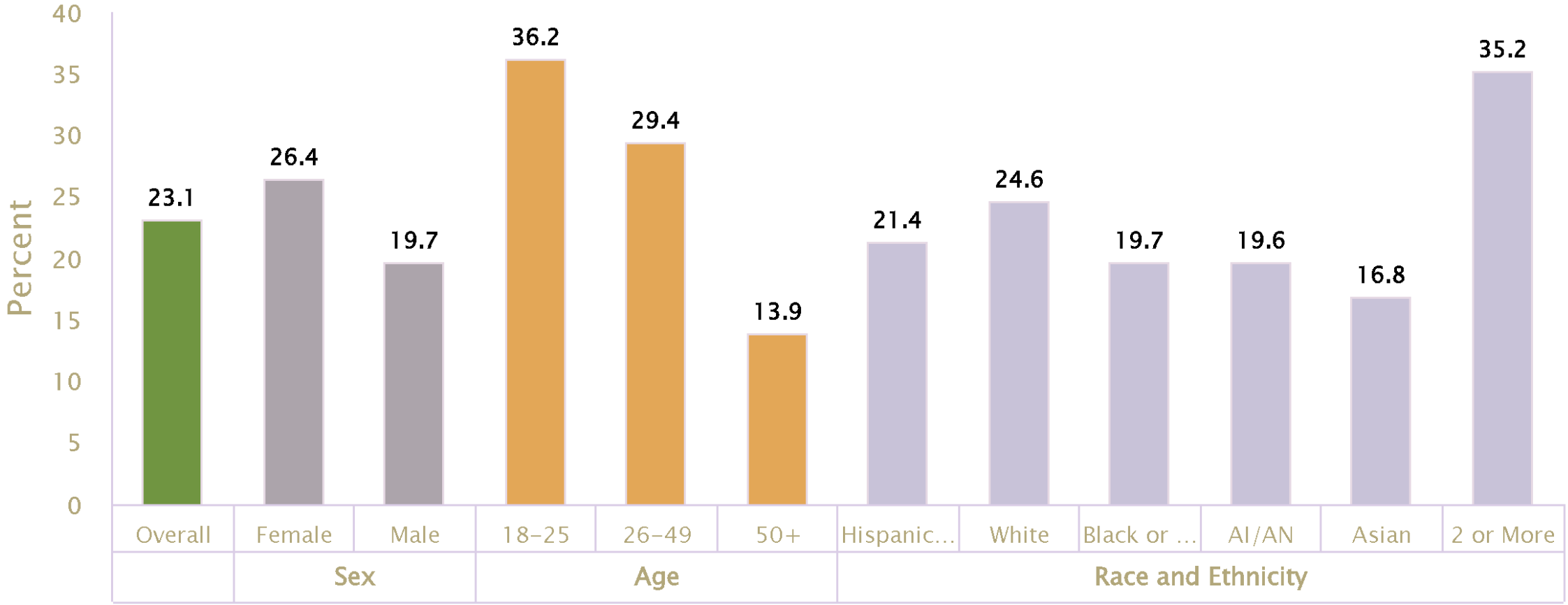
17%

of youth (6-17 years) experience a mental health disorder

"We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies." Romans 8:22-23

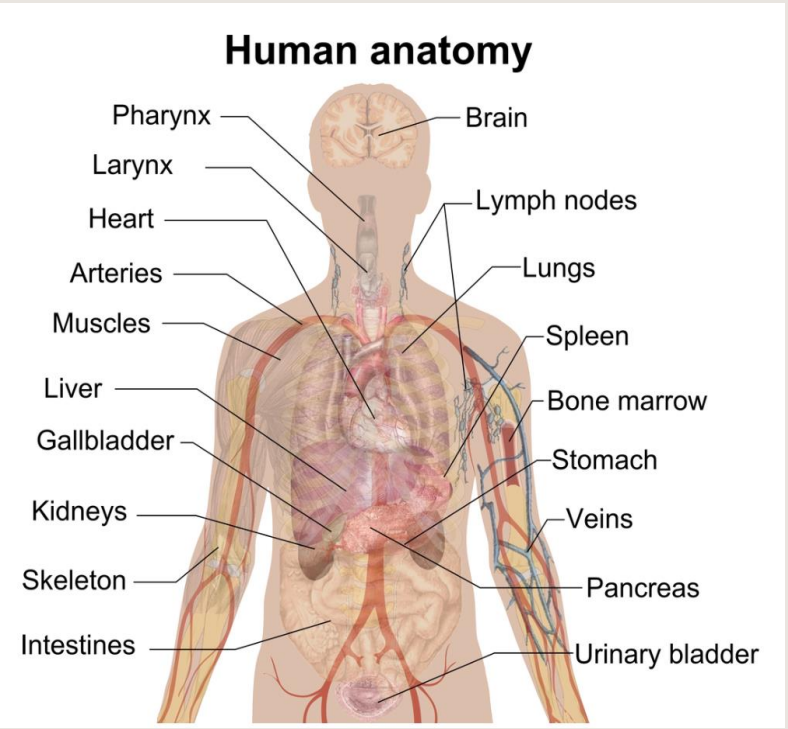
Past Year Prevalence of Any Mental Illness Among U.S. Adults (2022)

Data Courtesy of SAMHSA



Common Causes

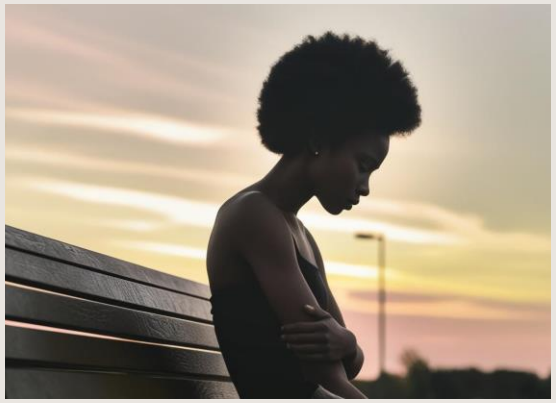
Physical



Environmental/Circumstantial

Spiritual/Emotional

Recognizing Signs and Symptoms



Emotional

Sadness, mood swings, hopelessness, purposelessness, increased agitation/irritability, increased anxiety,tearfulness thoughts of death/suicide

Behavioral

Withdrawal, isolation, changes in habits including sleep/ hygiene/eating, increased substance use, recklessness – driving fast or without a seat belt, difficulty concentrating

Physical

Fatigue, moving or speaking slowly, restlessness, chronic pain, weight gain/loss, physical complaints – stomach aches/nausea, headaches, muscle tension, digestive discomfort, HBP

Spiritual

Doubts about core beliefs, confusion, bitterness, increased existential questions, feelings of emptiness, or distance from God, burnout, cynicism, apathy, avoiding faith community/conversation

Labels and Perspective Shifts

Stigmatized Label	Perspective Shift
"Lazy"	Struggling with depression or anxiety
"Weak"	Battling trauma, PTSD, or other significant health condition
"Overreacting"	Experiencing a panic attack or high anxiety
"Crazy"	Living with schizophrenia or other psychotic disorders
"Attention-seeking"	Experiencing emotional dysregulation or fear of abandonment.
"Just get over it"	Managing grief, chronic sadness, or adjustment to a major life loss or transition
"Needy"	Dealing with attachment issues

"Gracious words are a honeycomb, sweet to the soul and healing to the bones."
Proverbs 16:24

Labels and Perspective Shifts

"Dramatic"	Struggling with emotional overwhelm
"Unstable"	Living with emotional dysregulation struggles
"Addict"	Struggling with substance use, or overuse
"Weirdo"	Dealing with social anxiety, autism spectrum disorder, or OCD
"Faking it"	Experiencing invisible mental health struggles (e.g., depression, chronic pain)
"Unable to cope"	Dealing with complex trauma or PTSD affecting coping skills
"Just need to snap out of it"	Managing severe depression or anxiety, struggling with guilt, shame, or moral injury from past trauma.

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." Colossians 4:6

Labels and Perspective Shifts

"Hyper"	Experiencing heightened sensitivity to stimuli
"Pathetic"	Dealing with chronic illness or ongoing emotional pain
"Unmotivated"	Battling burnout, fatigue, or executive dysfunction
"Bitter"	Carrying unresolved anger, grief, or trauma
"Helpless"	Dealing with chronic stress, burnout, or dissociation
"Selfish"	Experiencing emotional numbness, intense emotional pain, dissociation, or other mental/physical/or spiritual struggle

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." James 1:19

Resources in Denton County

- Professional Counseling
- Support/Recovery groups
- Medical and Community Health
- Social Services
- Education and Advocacy
- Recreation and Wellness
- Crisis lines

Community Resources: Health and Wellness

HEALTH SERVICES
OF NORTH TEXAS
Medical Care for You

The Art Room
theartroomdenton.org

Community Resources: Support

Community Resources: Loss

Carson's Village

LOVE & HOPE WILL SURVIVE
Touched by Suicide

GriefShare®

Community Resources: Crisis

988
LIFELINE

MHMR Crisis Line

Phone: 800-762-0157

Psych Triage

2509 Scripture St. 100
Denton TX 76201

940-381-9965

How to help

Start the Conversation	
	"It worries me to hear you talking like this. Let's talk to someone about it."
"Tell me more about what's happening. Maybe if I understand better, we can find a solution together."	"I've noticed you're [sleeping more, eating less, etc.], I'm here if you need to talk."

NAMI.ORG

Offer Support	
	"Would you like me to go with you to a support group or a meeting?"
"I really want to help, what can I do to help you right now?"	"Let's sit down together and look for places to get help. I can go with you too."

Be a Friend	
	Learn more about mental health conditions
Avoid saying things like "you'll get over it," "toughen up" or "you're fine"	Tell your friend it gets better; help and support are out there

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23

BREEDLOVE COUNSELING

Helping Christian women find joy on their unchosen journey.

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