

## *Mental Health*

*“O Lord, I have come to you for protection; don’t let me be disgraced. Save me, for you do what is right.” Psalm 31:1 NLT*

Mental health is something we tend to take for granted until there is a problem. At that time we wonder where to turn for help. In addition, stigmas are often attached to mental health issues which make us reluctant to seek help and we pretend that everything is just fine.

Mental illnesses can affect people of any age, race, religion or economic status and are one of the leading causes of disability in the world. Without treatment, they can result in unemployment, homelessness, incarceration, or suicide. Some of the many conditions considered mental illness are:

ADHD	Eating Disorders	Phobias
Anxiety Disorder	Learning Disabilities	Post-traumatic Stress
Bipolar Personality	Obsessive/Compulsive	Schizophrenia
Dementia	Behaviors	Substance Abuse
Depression	Panic Disorders	Suicide

Depression is one of the most common mental illnesses. Symptoms of clinical depression include: persistent feelings of “emptiness,” sleep disturbances, inability to concentrate, memory problems, changes in appetite, loss of pleasure or interest in things that were once enjoyable, irritability, loss of energy, and feelings of hopelessness. Depression can be experienced because of a chemical imbalance, environmental factors, or stress.

In Ecclesiastes we read, “Meaningless!” says the Teacher. ‘Utterly meaningless! Everything is meaningless.’” These words describe how most depressed people feel. In a subsequent chapter it says, “He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end.” We can’t separate our physical, mental, and spiritual health. Only when we seek wholeness through our Creator do we find true joy. Joy or wholeness can only be found at the foot of the cross and the empty tomb. Seek medical help but don’t forget to seek spiritual help too.

(Source: [www.mayoclinic.com](http://www.mayoclinic.com))

### *References / Resources:*

[www.nami.org/](http://www.nami.org/) - National Alliance on Mental Illness – offers support, education, advocacy, and research

[www.webmd.com/mental-health/mental-health-types-illness/](http://www.webmd.com/mental-health/mental-health-types-illness/) - material for consumers on mental health – HON approved

<http://mentalhealth.samhsa.gov/> - US Department of Health and Human Services, National Mental Health Information Center

[www.healthyminds.org/Main-Topic/Mental-Illness.aspx](http://www.healthyminds.org/Main-Topic/Mental-Illness.aspx) - American Psychiatric Association – consumer information on a wide variety of illnesses, age groups, and target