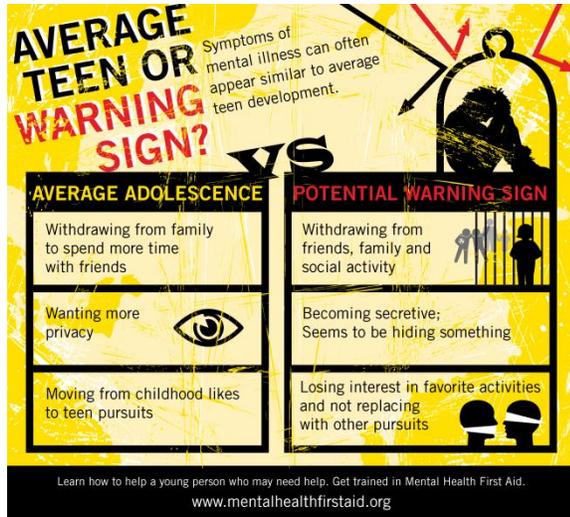


St. Matthew AME Church Bible Study

What's On Your Mind? Application, Affirmation, Advocacy

21 May 2019



Say What: Crazy **dizzy** messed up nutty **out there wacky coo coo strange looney loco bazaar batty insane lunatic unhinged wacko screwy deranged fruity sick loopy oddball queer bananas out to lunch dumb**

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Mental Health: "Emotional, behavioral, and social maturity or normality; the absence of a mental or behavioral disorder; a state of psychological well-being in which one has achieved a satisfactory integration of one's instinctual drives acceptable to both

oneself and one's social milieu; an appropriate balance of love, work, and leisure pursuits." Source: Medilexicon's Medical Dictionary

APPLICATION

Blessed By The Word: Judges 16:1-22 (19 May); Exodus 2:1-10 (12 May); 1 Samuel 3:1-10 (5 May); John 11:17-37 (28 April); John 20:1-18 (21 April); Luke 19:28-44 (14 April); 1 Kings 19:1-9a (7 April); Philippians 4:4-9 (24 March); 2 Corinthians 12:1-10 (10 March)

Mental Health Awareness is key for **understanding** what mental health is and how families can receive the help they need. Public knowledge is important in accessing community resources. Lack of awareness of mental health is not just "their" problem, it is our problem as a community." Mark your calendar and wear green:

June: National PTSD Awareness Month; Men's Health Month National Men's Health Week (June 10-16) International Day of Yoga (June 21) National PTSD:

July: National Minority Mental Health Month [Theme: Minority Mental Health]

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August: National Health Center Week (Aug. 11-17) [Theme: Treatment Education]

September: National Recovery Month; National Alcohol & Drug Addiction Recovery Month National Suicide Prevention Week (Sept. 8-14) World Suicide Prevention Day (Sept. 10) [Theme: Suicide Prevention and Recovery]

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October: National Depression and Mental Health Screening Month; Health Literacy Month; ADHD Awareness Month; Bullying Prevention Month Mental Illness Awareness Week, OCD Awareness Week (6-12); National Health Education Week (Oct. 21-25) World Mental Health Day, National Depression Screening Day (Oct. 10) [Theme: Mental Health Education and Depression Awareness]

November: International Stress Awareness Day (Nov. 6); International Survivors of Suicide Day (Nov. 16); National Family Health History Day (Nov. 22) [Theme: Suicide Survivors]

December: National Stress-Free Family Holiday's Month International Day of Persons With Disabilities (Dec. 3) [Theme: Managing Holiday Stress]

¹*“According to a [recent Gallup survey](#), African-Americans are the most religious culture in the United States. Our deep-rooted religious beliefs go all the way back to slavery, when religion was the one solid foundation we had during those times. Our ancestors then—like we African-Americans now—lived with depression, anxiety, bipolar and PTSD but back then, there weren't any names for those conditions. Back then, people battling a mental health condition were simply locked up, wandered the streets or even put to death.”*

¹ You Can't "Pray Away" A Mental Health Condition by Fonda Bryant | Mar. 30, 2018, NAMI

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ADVOCACY

Psalm 46:1-3 “God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult.”

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Psalm 57:1 “Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, until the destroying storms pass by.”



Psalm 91 & 121 Assurance of God's Protection

Jeremiah 29:11 “For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.”

Isaiah 41:10 “...do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.”

Matthew 11:28-30 “Come to me, all you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Don't get me wrong, there's nothing wrong with praying for recovery from a mental health condition, but we still have to be proactive. We can't "pray away" a mental health condition. We have to get help.

A Few Resources

National Alliance of Mental Health (www.namh.org); National Child Traumatic Stress Network (www.nctsn.org); Black Women's Health Imperative (www.bwhi.org); Mental Health America (www.mentalhealthamerica.net); National Suicide Prevention Hotline 800-273-8255; National Sexual Assault Hotline 800-656-4673