

# MENTAL WELLNESS

Mental Wellness issues include, but are not limited to: Depression, Anxiety, Anger Management, Post Traumatic Stress Disorder (PTSD), Attention Deficit Hyperactive Disorder (ADHD), Bipolar, Borderline Personality Disorder, Cutting, Obsessive Compulsive Disorders (OCD), and Suicidal Thoughts.

If you are in good mental health it is relatively easy for you to cope with life and live up to your potential. You are able to fulfill your role in your family, your workplace, your community and among friends. We all have times that we feel down, stressed, or frightened but most of the time those feelings pass fairly quickly.

If you are feeling overwhelmed by the challenges of life and wonder how you will keep going you may be suffering from a mental health problem such as depression or anxiety. Most people who experience mental health issues of this sort can overcome them if they seek help and obtain the appropriate care soon enough.

We want to help you work through these difficult times and we encourage you to ask for help. We maintain a list of licensed Christian counselors who we regularly refer people to and we are happy to share that list with you. Simply complete the [counseling referral form](#) and indicate in the narrative section that you would like our list of licensed counselors. We also have lay counseling services that may be available to you. If you would like to meet with a Lay Counselor, please include in the narrative section of the form that you wish to meet with a Lay Counselor.

If you are currently have thoughts of suicide please call the Suicide Prevention Hotline at 703-527-6603 or text 703-940-0888 for help.

## SCRIPTURE RESOURCES

Because the Sovereign Lord helps me, I will not be disgraced. Therefore have I set my face like flint, and I know I will not be put to shame. Isaiah 50:7

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31

He heals the brokenhearted and binds up their wounds. Psalm 147:3

Refrain from anger and turn from wrath; do not fret – it leads only to evil. Psalm 37:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right,



whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you. Philippians 4:8-9

## SUGGESTED READING

- *You'll Get Through This* by Max Lacado
- *Stop Walking On Eggshells* by Mason & Kreger
- *Brain On Fire: My Month of Madness* by Susannah Cahalan

