

SOMEONE YOU KNOW NEEDS HELP

One in five people is currently struggling with mental illness.

Nearly half of Americans will experience mental illness in their lifetime.

The Church is the first place most people turn for help with their mental health.

VOICES OF EXPERIENCE

25 survivors share real-life experiences with anxiety, depression, bipolar disorder, ADHD, suicide, addiction, codependency, psychosomatic illness, grief, PTSD & trauma, loneliness, abuse, and exploitation. 12 Christian mental health professionals, and 9 pastors provide wisdom and expert biblical insight.

YOU CAN MAKE A DIFFERENCE

God often uses people like you and I to respond to others in need. But, talking about mental health issues can be challenging for anyone. A Christian community should be a place where people can turn for practical help and relational support. This group curriculum will help you better understand, recognize, and respond to mental health challenges in the lives of your family, friends and community.

SESSION SEQUENCE

Flexibility - Choose either 5 or 10 guided discussion sessions (15-20-hrs total)

Sessions 1 & 2 – Understanding Mental Health

Sessions 3 & 4 – Mental Health in God's Plan

Session 5 & 6 – Recognizing Mental Health Struggles

Sessions 7 & 8 – Responding to Mental Health Needs

Sessions 9 & 10 – Caring Through Christian Community

WHO IS THIS FOR?

This is not a support or care group. This is a small group study created to help anyone be better prepared to support others.

WHAT'S INCLUDED?

- 10 Original Session Digital Videos (downloadable files)
- Group Session Introduction/Guidelines
- Facilitator-led Discussion Guides – with video summaries, discussion questions, group activities, biblical application, and prompts for personal action and prayer.
- Facilitators Guide with helpful tips for special considerations when leading a group related to mental health and loss.
- Additional Resources: *Mental Health Terminology*, National Alliance on Mental Illness (NAMI) *Mental Illness Warning Signs and Symptoms*.

FREE FACILITATOR TRAINING

We want your church to have a great experience using LifeSupport curriculum so we provide complete training free of charge to help your team get started using these resources. Every trained facilitator receives complete access to all curriculum resources free of charge. You choose the team who will lead the curriculum and we'll take care of the rest. Please visit the *Group Resources* page at www.lifesupportresources.org to schedule your (2-3 hour) facilitator training session.

Disclaimer: This material is intended for ministry purposes only. While care from others in our lives provides important support, mental health struggles often require the support of mental health professionals and this content should not be seen as a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.