

**SERMON SERIES:** Right Now: Mental Health  
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**DATE:** June 14, 2020



## Key Line

There is no shame in seeking help. We must bear one another's burdens.

## Introduction

Mental health issues are widespread in our world today.

- How have mental health issues like depression or anxiety affected your life or the life of someone you know?
- When someone does not struggle with mental health, it can be hard to understand those who do. Why is it important to understand mental health issues? *(We are supposed to bear one another's burdens and look out for one another. The psychological and emotional abuse that happens in relationships happens in the Church as well as outside the world, and we must work to stop and prevent that.)*

## Talk About It

- What should you *not* say to someone who is suicidal? *(You have so much to live for. Think of your family. What will they do without you? They should not try to talk them out of it or argue that they shouldn't do it.)*
- What should you do if someone tells you they are suicidal or even just depressed? *(Listen, empathize, be there with them. Call help! If someone threatens suicide, don't take it lightly. It is probably more than you can deal with, so you need a professional to help with it.)*
- How can you help your friends maintain good mental health? *(Be present in their lives. Share life with them.)*
- What are some things *not* to do to help mental health? What are some *unhealthy* ways to cope? *(pornography, alcohol, drugs)*
- How can we maintain our own mental health? *(Be in the moment. Don't worry about the future but pay attention to what is happening around you. Enjoy the moment you are in. Take care of your physical health: eat healthy, exercise, sleep enough. Get up and do something. Stand and walk around to move around more. Bring shame out. Don't be afraid to admit the things you struggle with or feel ashamed about.*
- When is it time to seek professional help? *(Anxiety: if you're feeling restless and on edge, have poor sleep, lack of concentration, irritability, anger toward loved ones, muscle tension, especially in the neck and shoulders, stomach problems. If you have 3-4 of those and have them almost every day, get help. Depression: feeling sad, empty,*

*isolating oneself, stop doing the things they like to do, poor appetite--eating less or more, loss or gain of weight, poor sleep, lack of concentration, feelings of worthlessness and hopelessness, shame, thoughts of wishing you were gone or dead. If you have at least 5 of those on a daily basis for at least 2 weeks, seek help.)*

- *What does isolation do for our mental health? (We were created to live in community with one another. When we do not share our burdens, we become overwhelmed with our problems and cannot cope well.)*
- *What can we do to help one another this week? What are some good ways to help one another remain mentally healthy? (Text them, call them, get together in ways that maintain social distance, stay in touch with one another and don't isolate.)*
- *Are any of us struggling with anxiety or depression today? What will we do this week to maintain contact and help one another be mentally healthy?*