

Ask your
questions



Mental Health

and the church

**“What does the Bible have to say about caring
for those with mental health struggles”**

Steve Midgley (BCUK)



ST COLUMBA'S
FREE CHURCH

newgrowth
Christian Counselling



**Biblical
Counselling** UK

Ask your
questions



MENTAL HEALTH AND THE CHURCH

Steve Midgley
Executive Director, BCUK

MENTAL HEALTH AND THE CHURCH

1. A Biblical Perspective

2. A Practical Response



Ask your
questions





A PERSONAL SUBJECT



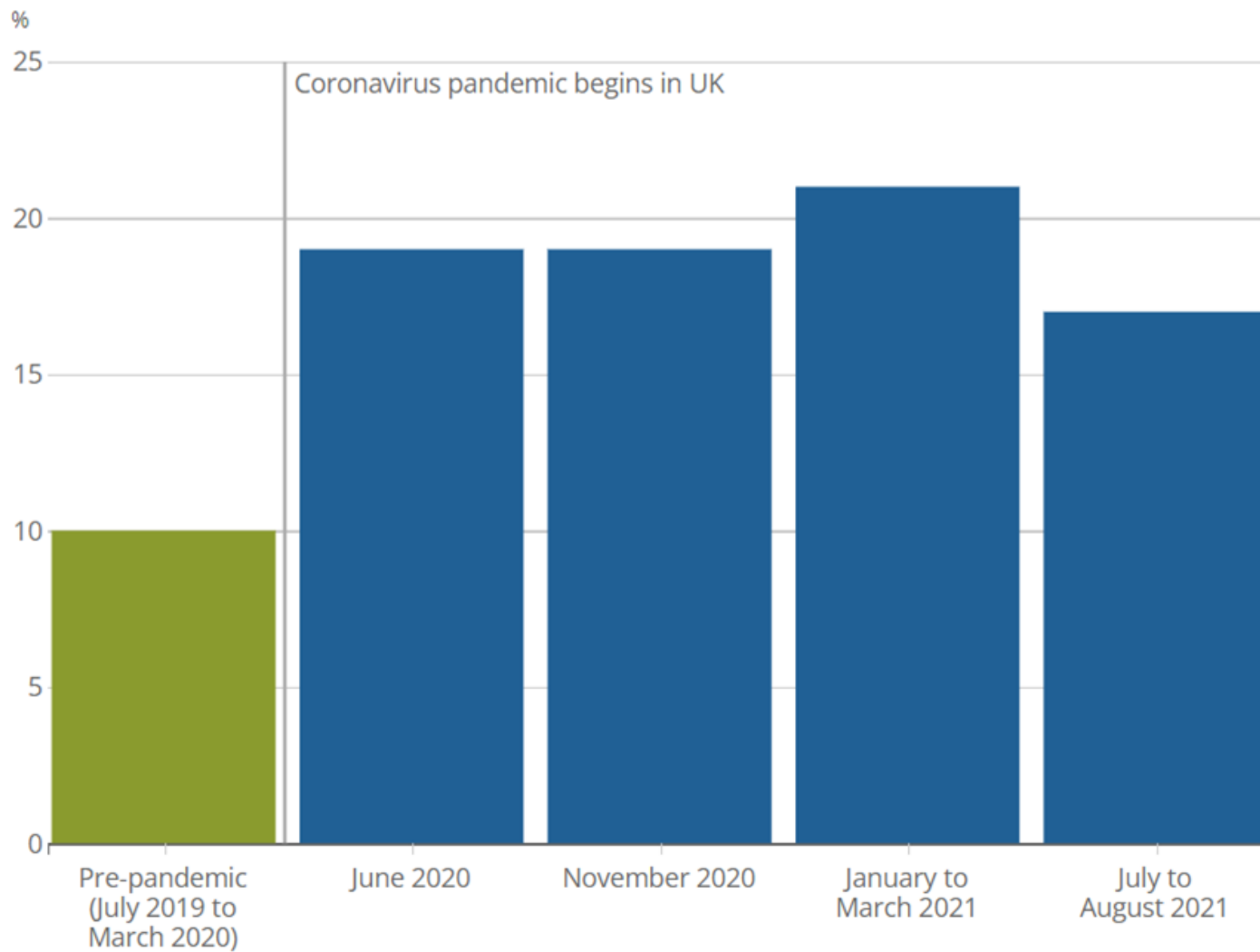
I. IT HURTS...

- Susie
- Jin
- David

2. IT'S COMMON

- Charity MIND
- 1 in 4 experience a mental health problem each yr
- 1 in 6 report a common mental health problem in any given week







ANTI-DEPRESSANT USE...

1991 nine million anti-depressant prescriptions

2001 24.3 million

2011 46.7 million (9% annual rise)

2021 83.4 million

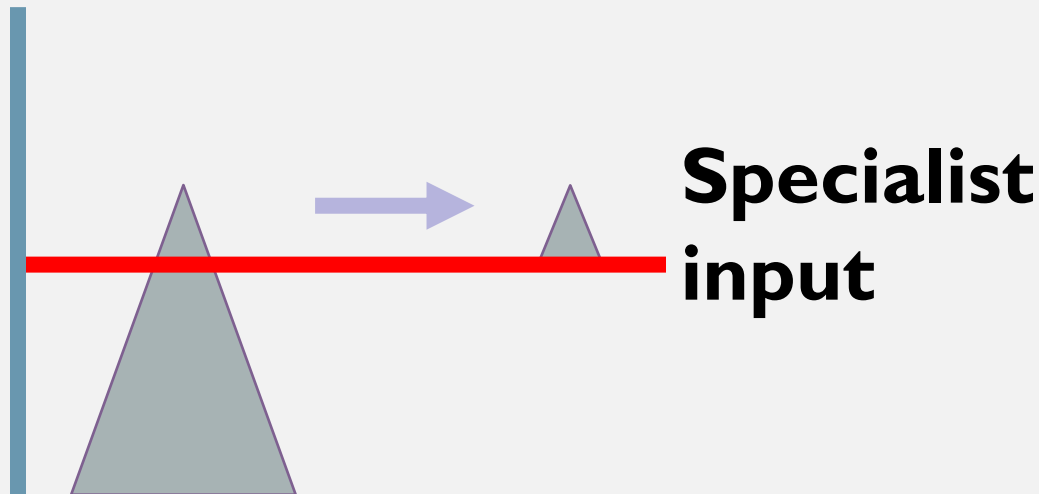
- 16% of adults receive a prescription annually
- (1 in six of the UK population)



RISING THRESHOLDS FOR SPECIALIST CARE

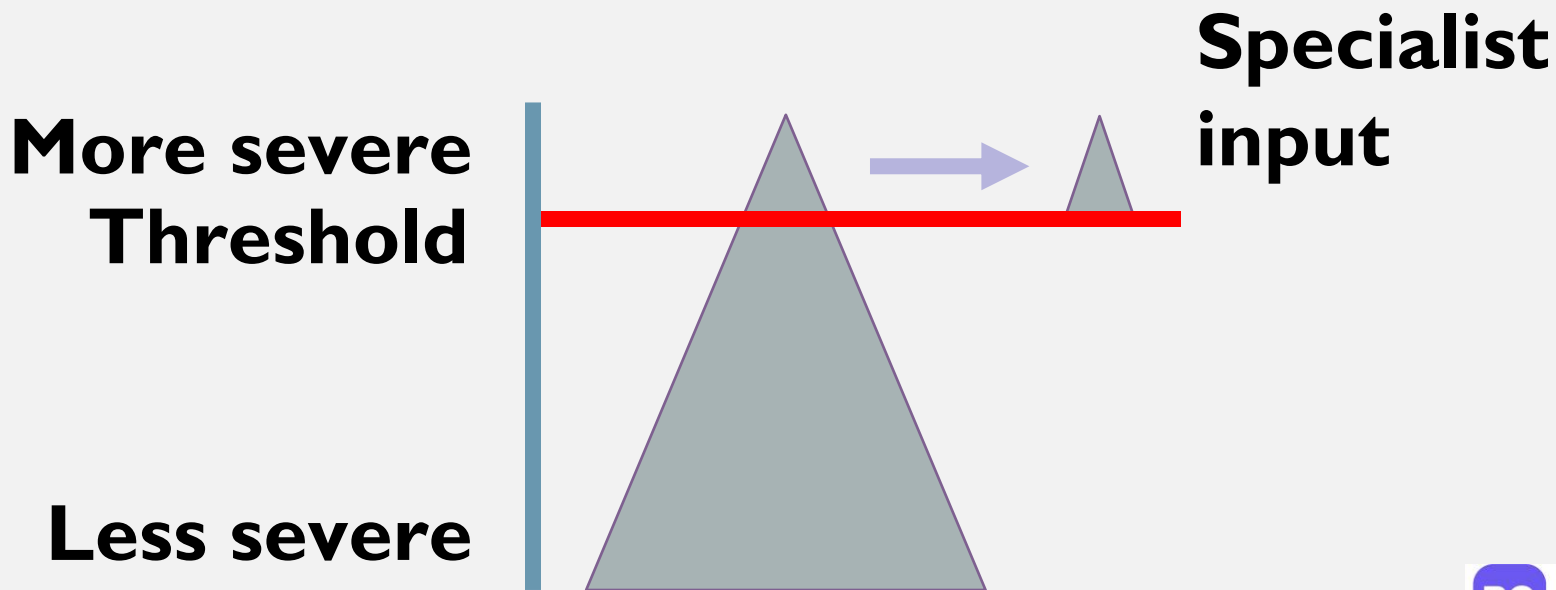
**More severe
Threshold**

Less severe





RISING THRESHOLDS FOR SPECIALIST CARE

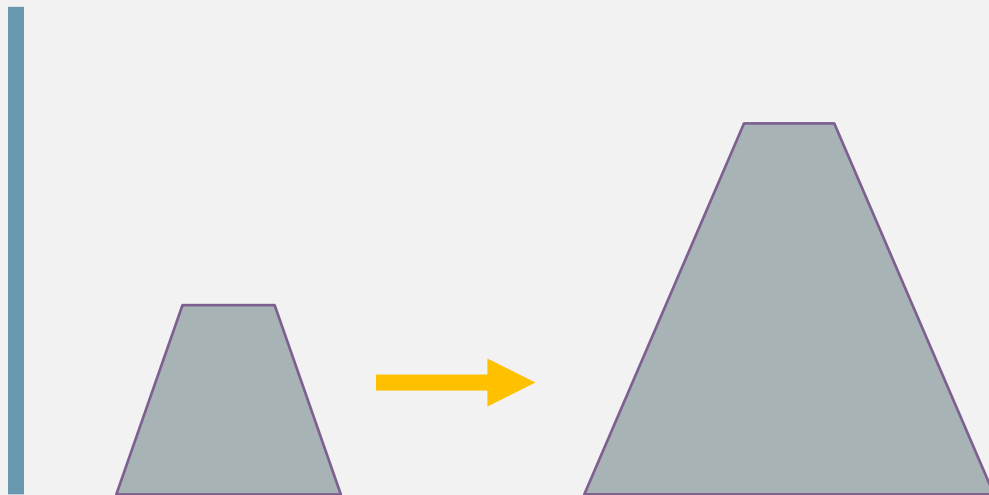




PEOPLE STRUGGLING WITHOUT SPECIALIST INPUT

More severe

Less severe



AN OPPORTUNITY FOR CHURCH

To care for one
another

To bless our
communities



WHAT DO PEOPLE IN YOUR CHURCH BELIEVE?



*Mental illness is a spiritual issue;
the solution is repentance & faith*

*Mental illness is a brain & biology issue;
the solution is medication*



3. AVOIDING US & THEM

What do you do with a spider
in the bath?





4. DEFINITIONS AND DIAGNOSES

WHO: Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community

HISTORICAL DEFINITION

Mental health consists of the
ability to live...
happily, productively, without
being a nuisance

So, is anybody 'healthy'?





BROADENING OF TERMS

Many millions of people with normal grief, gluttony, distractability, worries, reactions to stress, the temper tantrums of childhood, the forgetting of old age and 'behavioural addictions' will soon be mislabeled as psychiatrically sick.

Allen Frances, chair APA task force for DSM IV

‘RETHINKING... OUR WOES’

For a person who suffers from or has to endure a woe, a label of mental illness can be confusing. Their woe becomes an ‘it’, an object that must be passively accepted rather than understood and confronted as something that can be changed.

Richard Hallam, Abolishing the concept of mental illness

DIAGNOSING MENTAL ILLNESS

Biological markers:

Physical illness and psychiatric illness
are different





5. A RELEVANT CONTRIBUTION

FINDING CONNECTIONS...

*Stop drinking only
water, and use a little
wine because of your
stomach and your
frequent illnesses.*

I Timothy 5:23



PSYCHOLOGY

The science of mind and
behaviour

*Why do we do what we
do?*



FUNDAMENTAL QUESTIONS

What is a person?

What goes wrong with us?

What puts us right?

What is the goal of life?



STEVEN HYMAN, NIMH

We psychiatrists have been given an impossible task. Our medications are sometimes able to alleviate symptoms, though they often come with side effects. But we cannot give people what they really need. People need meaning and relationship.





CONNECTIONS...

Depression...*despair... & hope*

Anxiety...*fear... & a father who cares for us*

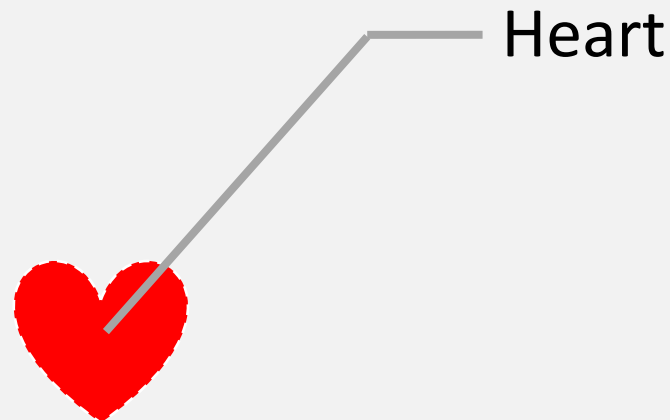
PTSD...*safety... & security in the Lord*

Addictions...*powerlessness... & slavery to sin*



A MODEL: THE HEART

*A good man brings good things out of the good stored up in his **heart**...for the mouth speaks what the **heart** is full of. (Luke 6:45)*

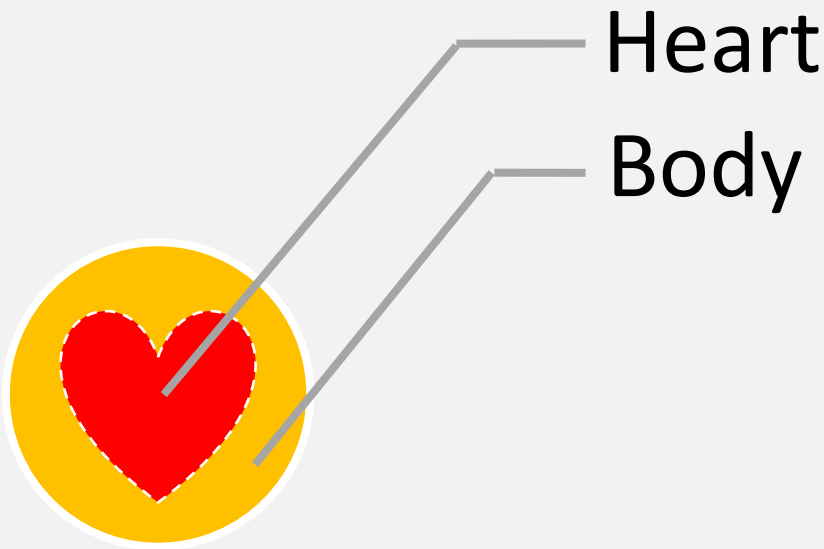


Heart



A MODEL: EMBODIED

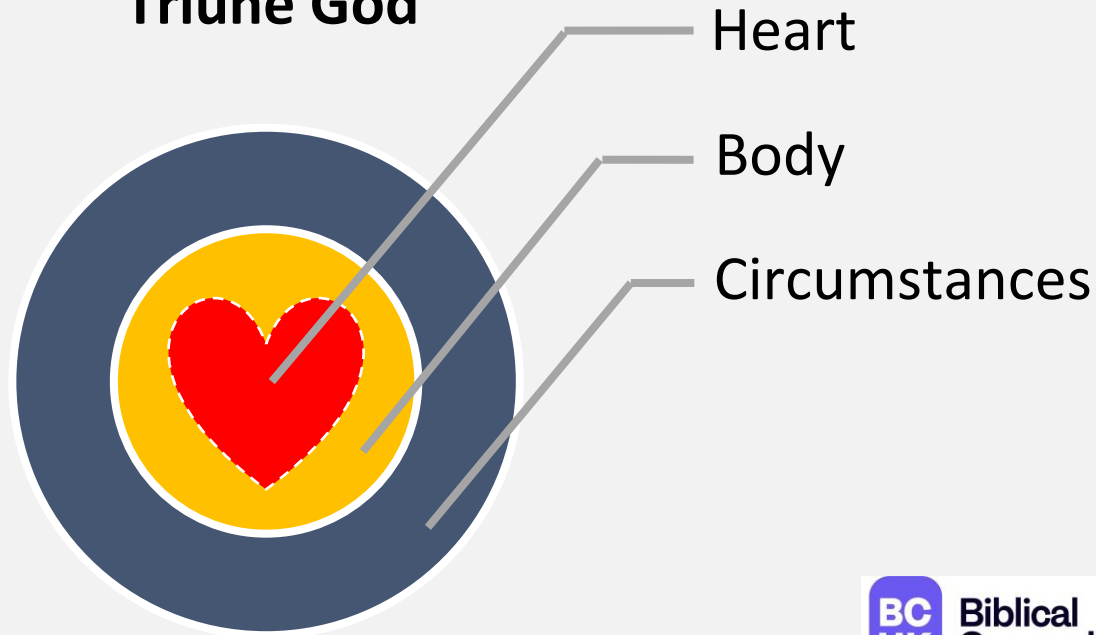
*Though our **outer self** is wasting away, our **inner self** is being renewed day by day.
(2 Corinthians 4.16)*





A MODEL: EMBEDDED

Triune God



Heart

Body

Circumstances