

Week 3.

- What is 'mental health'?
- Read 1 Kings 19:3-9
- What is the context of this reading?
- How had Elijah become so discouraged?
- What discourages you most?
- How did God help Elijah?
- When you feel low, what steps do you take to improve your mood?
- How might we help others who cannot take positive actions themselves?
- How did God responded to Elijah's prayer?
- Imagine the life of a prophet such as Elijah - what might have helped sustain his mental health if he had thought about it?
- What changes in your life might you make in order to keep mentally & emotionally well?
- Quite often we bury our pain and distress and do not address issues that we need to face. How might spending time in silence before God help?
- Many people feel that would like to die because they have 'had enough'. What would you do if someone tells you they actually have a plan in place and intend to do so? *
- If you feel you need to talk to or pray with someone, please contact the Church office 01590 676194 and someone appropriate will help you.
- Close in prayer for all who suffer from poor mental health - who face stigma and daily discouragement. Pray that they may find the right help at the right time when they most need it. Pray for those who work in MH services - for sustained resilience and compassion for their service users.



Mental Health

* Listen to & offer reassurance, encourage the person to seek professional help and talk to someone about their problems. Encourage person to keep safe or accompany them to a safe place e.g. Hospital A&E. Remember that ultimately each person is responsible for their own actions. Know your personal limitations when helping another person.

Statistics - UK (MH Foundation 2019)

1 in 6 people in the past week experienced a MH problem.

The estimated cost to the UK over **£100 billion each year.**

On average **16 people** end their own lives every day approx. **1 person every 2 hours.**



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