



**Awakening Your Gifts Prayer Strategy Hour
Notes for May 2018 - Mental Health Awareness Series**

JOIN 10 BLESSINGS EVERY THURSDAY NIGHT AT 8PM EST IN MAY as we discuss mental health from a practical, biblical perspective.

Listen to replays at 10Blessings.org/awakening or subscribe to the Awakening Your Gifts Podcast on iTunes (<https://itunes.apple.com/us/podcast/awakening-your-gifts-prayer-strategy-hour/id1247731605?mt=2>)

Speakers

May 3: Natasha T. Brown, 10 Blessings Founder/Marketplace Minister

May 10: Bashea Williams, Licensed Social Worker and Therapist
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May 17: Tokeitha K. Wilson, MPH, Author, Public Health Professional
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May 24: Daniel C. Bradley, Minister, Author
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May 31: Dr. Vanessa Abernathy, Clinical Psychologist and Theologian vanessa@vabernathypsych.org

FACTS ABOUT MENTAL HEALTH

Prevalence Of Mental Illness

- Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.
- Approximately 1 in 25 adults in the U.S.—9.8 million, or 4.0%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.
- Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.³
- 1.1% of adults in the U.S. live with schizophrenia.⁴
- 2.6% of adults in the U.S. live with bipolar disorder.⁵
- 6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.⁶
- 18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias.⁷
- Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.⁸

Source: <https://www.nami.org/learn-more/mental-health-by-the-numbers>

Scriptures to inform mental health

Story of Elijah's bout with depression, isolation 1 Kings 18-19

Psalms 34:17-20 ESV

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.

Matthew 11:28-30 ESV

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Philippians 4:8 ESV

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

2 Corinthians 10:5 ESV

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

1 Corinthians 14:33 ESV

For God is not a God of confusion but of peace. As in all the churches of the saints,

1 Corinthians 2:16 ESV

"For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ.

Isaiah 26:3 ESV

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Matthew 11:28-30 ESV

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Romans 12:1-2 ESV

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 8:6 ESV

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Psalms 34:1-22 ESV

Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away. I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad. Oh, magnify the Lord with me, and let us exalt his name together! I sought the Lord, and he answered me and delivered me from all my fears. Those who look to him are radiant, and their faces shall never be ashamed. ...

John 16:33 ESV

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

Philippians 2:5 ESV

Have this mind among yourselves, which is yours in Christ Jesus,

Proverbs 17:22 ESV

A joyful heart is good medicine, but a crushed spirit dries up the bones.

1 Peter 5:8 ESV

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

1 Peter 5:6-7 ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you

1 Samuel 16:23 ESV

And whenever the harmful spirit from God was upon Saul, David took the lyre and played it with his hand. So Saul was refreshed and was well, and the harmful spirit departed from him.

Consequences Of Lack Of Treatment

- Serious mental illness costs America \$193.2 billion in lost earnings per year.¹⁵
- Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44.¹⁶
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions.¹⁷ Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.¹⁸
- Over one-third (37%) of students with a mental health condition age 14–21 and older who are served by special education drop out—the highest dropout rate of any disability group.¹⁹
- Suicide is the 10th leading cause of death in the U.S.,²⁰ the 3rd leading cause of death for people aged 10–14²¹ and the 2nd leading cause of death for people aged 15–24.²²
- More than 90% of children who die by suicide have a mental health condition.²³
- Each day an estimated 18-22 veterans die by suicide.²⁴