**Addressing Mental Health, Grief and Trauma in Your Community and Congregation**

This class is designed to share recommendations and resources to address sensitive and critical issues that plague people both in and out of church.

**I. Addressing Mental Health Holistically**

Listed below are avenues churches can take to dialogue about mental health in a comprehensive way.

* + - 1. Churches can dialogue about mental health in a comprehensive way through  .

**I Chronicles 27:33**

*“Ahithophel was the king’s counselor. Hushai the Arkite was the king’s confidant.”* (NIV)

* + - 1. Churches can dialogue about mental health in a comprehensive way through  .

**I Kings 12:6**

*“Then King Rehoboam discussed the matter with the older men who had counseled his father, Solomon. “What is your advice?” he asked. “How should I answer these people?”* (NLT)

* + - 1. Churches can dialogue about mental health in a comprehensive way through  .

**Numbers 26:56**

*“Divide the land between large and small groups by drawing lots.”* (NCV)

* + - 1. Churches can dialogue about mental health in a comprehensive way through  .

**III John 1:8**

*“So we ourselves should support them so that we can be their partners as they teach the truth.”* (NLT)

* + - 1. Churches can dialogue about mental health in a comprehensive way through  .

**John 5:6, 8**

*“When Jesus saw him and knew he had been ill for a long time, he asked him, “Would you like to get well?* 8) *Jesus told him, “Stand up, pick up your mat, and walk!”* (NLT)

**Section Notes**:

**II. Addressing Grief Compassionately**

Listed below are practices that should be prioritized when ministering to individuals who have experienced loss.

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**John 1:19**

*“This was John’s testimony when the Jewish leaders sent priests and Temple assistants[*[*a*](https://www.biblegateway.com/passage/?search=John+1%3A19&version=NLT#fen-NLT-26030a)*] from Jerusalem to ask John, “Who are you?”* (NLT)

1. should be prioritized when ministering to individuals who have experienced loss.

**I Corinthians 13:7**

*“Love is always supportive, loyal, hopeful, and trusting”* (CEB)

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**II Kings 5:1-3**

*“Naaman was commander of the army of the king of Aram. He was honored by his master, and he had much respect because the Lord used him to give victory to Aram. He was a mighty and brave man, but he had a skin disease!* 2) *The Arameans had gone out to raid the Israelites and had taken a little girl as a captive. This little girl served Naaman’s wife.* 3) *She said to her mistress, “I wish my master would meet the prophet who lives in Samaria. He would cure him of his disease”* (NCV)

1. should be prioritized when ministering to individuals who have experienced loss.

**Luke 10:33, 34**

*“Then a despised Samaritan came along, and when he saw the man, he felt compassion for him.* 34) *Going over to him, the Samaritan soothed his wounds with olive oil and wine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him.”* (NLT)

1. should be prioritized when ministering to individuals who have experienced loss.

**Proverbs 4:7**

*“Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding”* (KJV)

**Section** **Notes**:

**III. Addressing Trauma Sensitively**

Listed below are recommendations for comforting people dealing with deeply distressing situations in life.

1. -Complimenting their steps in the right

direction.

1. -Staying connected to them for an extended

period of time.

1. -Providing hope and reassurance for them as

much as possible.

1. -Keeping yourself built up on a daily basis.

1. -Promoting rest and relaxation to them.

**Section** **Notes**: