

A Christian approach to mental illness

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Programme

- ▶ Some information about common mental disorders
- ▶ What help is available
- ▶ How do we respond as Christians
- ▶ Q&A with group discussion

Common mental disorders

- ▶ Generalised Anxiety Disorder
 - ▶ PTSD
 - ▶ Depression
 - ▶ Phobias
 - ▶ OCD
 - ▶ Panic Disorder
- ▶ Up to 15% of the population at any one time
 - ▶ Vary in severity
 - ▶ Most treated in primary care
 - ▶ Can be a lifelong issue

But....many people go undiagnosed...

▶ Situation not recognised

▶ Stigma

▶ Avoidance or Denial

headache scared chest pain tension tense
phobia panic attacks trembling
stress ANXIETY dehydrate tension angst
fear feelings worry emotional jumpy
sweating restlessness disorder
symptoms





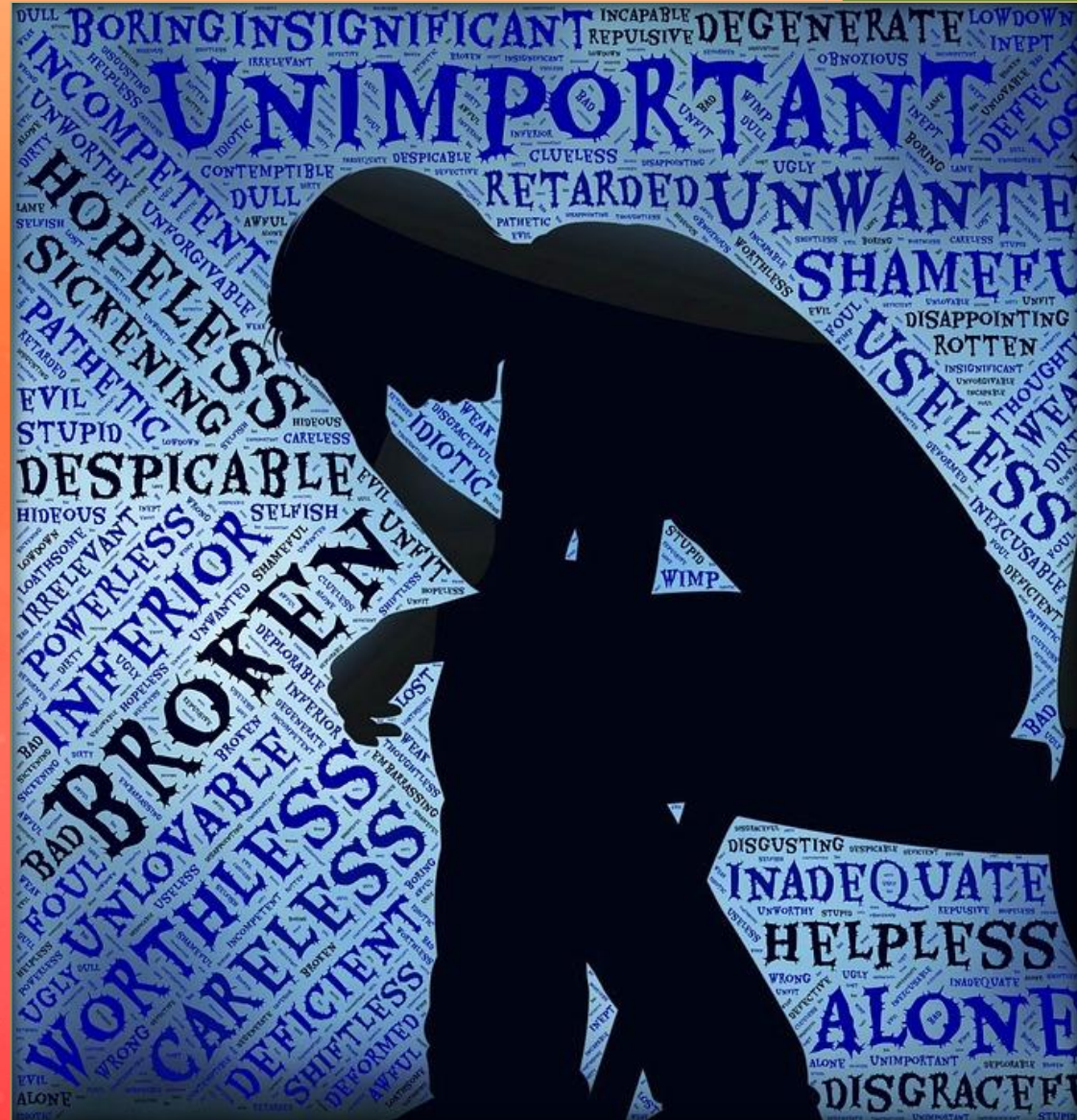
WORRIER POSE

Gemma CORRELL

Which Is It?

Everyday Anxiety	Anxiety Disorder
Worry about paying bills, landing a job, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with daily life
Embarrassment or self-consciousness in an uncomfortable or awkward social situation	Avoiding social situations for fear of being judged, embarrassed, or humiliated
A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event	Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger
Anxiety, sadness, or difficulty sleeping immediately after a traumatic event	Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

Depression



"I'm fine."

Feeling
I'm
Nothing
to **E**veryone



Common Signs of Depression

- Sadness, loneliness, or emptiness
- Loss of interest
- Tiredness and chronic low energy
- Difficulty thinking clearly, concentrating, making decisions or remembering
- Feelings of worthlessness and guilt
- Irritability, frustration or anger
- Restlessness and agitation
- Sleep disturbances
- Change of appetite
- Recurrent thoughts of death or suicide

What help is available?



▶ Self - Help : Individual or group

▶ Psychoeducation

▶ Exercise

▶ Counselling

(For all the above see Edspace.org.uk)

NHS services (Primary and Secondary Care)

Access via GP

▶ Psychological therapies : Individual or group

▶ Medication

How should we respond as Christians?

▶ Examples in the Bible -

- ▶ David Psalm 56:8
- ▶ Moses Numbers 11:15
- ▶ Elijah 1 Kings 19:3-5

If you are depressed or anxious - things to hold on to...

- ▶ God still has a plan
- ▶ He is at work
- ▶ “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

And things to do...

- ▶ Admit there is a problem
- ▶ Don't self medicate
- ▶ Take care of yourself physically - diet and exercise
- ▶ Be intentional about what you fill your mind with
- ▶ Don't neglect the spiritual
- ▶ Consider seeing a doctor
- ▶ Consider the blessing of brokenness (the thorn in the flesh...)

Things not to say to someone who is depressed or anxious

- ▶ Well, everyone gets depressed/ anxious some time.
- ▶ Just pull yourself together
- ▶ There are lots of people worse off than you.
- ▶ You have no reason to feel this way
- ▶ Maybe you have some unconfessed sin

Things to say to someone who is depressed or anxious

- ▶ I care
- ▶ You matter to me
- ▶ You're not alone in this
- ▶ I'm not going to leave you
- ▶ I'm sorry you're in pain
- ▶ God loves you and is still with you
- ▶ Can I pray for you

The LORD himself goes before you
and will be with you; he will never
leave you nor forsake you. Do not be
afraid; do not be discouraged.”

Deuteronomy 31:8 New International Version (NIV)

Q & A Discussion

