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Mental Health Stigma and Messages

1. What messages about mental health have I heard in church (spoken or unspoken)?

2. How might these messages keep people silent about their struggles?

3. What personal experiences have I had (or witnessed) of stigma around mental health or disability in a church setting?

4. Which scripture(s) remind me that God values mental, emotional, and physical wholeness?

Reflection Box

One insight I want to take away from this exercise:
