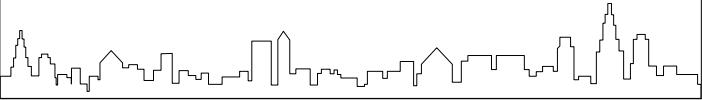


Mental Health Ministry

Rev. Dr. Marcus J. Carlson



Mental Health is just Health...



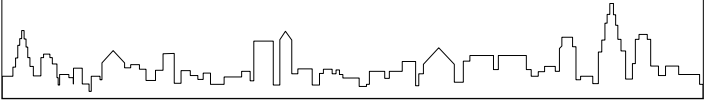
My Story

- Mental Health in Family
- Mental Health in Ministry-as Pastor
- Mental Healthy in Ministry-around the world



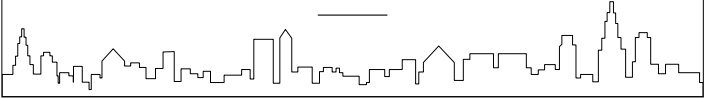
The Challenge

- Mental Health Stigma-especially in the church
- Mental Health epidemic post-pandemic
- 1 in 4 or 5 churchgoers have a diagnosable mental health condition
- Huge shortage of services



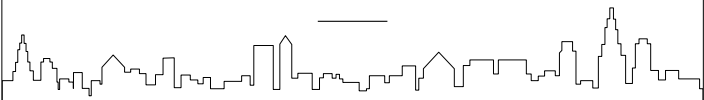
Church Trauma

- Guilt & Shame
- Church Trauma
- Church PTSD
- Isolation of Leaders



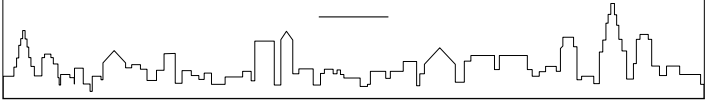
Keys to Mental Health Ministry

- Authenticity-Transparency-Vulnerability
- Normalize it-give permission
- Educate
- Talk about it



Practical Tips

- Do basic care
- Resource your people
- Show deep empathy and compassion
- Spiritual Disciplines
- Get additional training



Some Options

- Trauma Informed Ministry
- Education/Sermon Series
- Collaborate with local providers & organizations
- Organize Conferences



Resources

- Church Aces Inventory
- Look Up Indiana ([LookUpIndiana.org](https://lookupindiana.org))
- The Lutheran Foundation (<https://thelutheranfoundation.org/look-up>)
- QPR Suicide Prevention Training



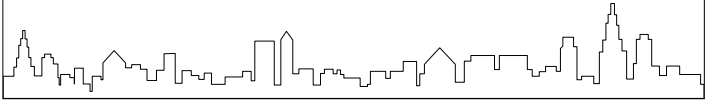
Resources

- **Podcasts:**

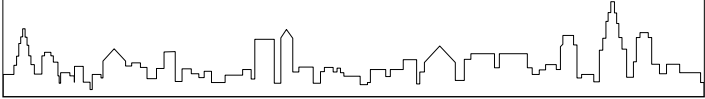
- The Rise and Fall of Mars Hill-bonus episodes

- **Books:**

- John Acuff-Soundtracks
- Mark Sayers-A Non-Anxious Presence
- Peter Scazzero-Emotionally Healthy Church



Questions?



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