



SEPTEMBER 2023

HEALTH *corner*

Mental Illness in America

Mental illness affects as many as 1 in 5 adults in the United States (US) (NIMH). To put that into perspective, heart disease affects only 1 in 20 adults in the US (CDC). That is nearly 4x as many. The Barna Group identifies mental health as a new domain of ministry to the next generation. If it is not you, one of your pew mates is likely suffering from mental illness.

Depression

Depression is by far the most common mental illness. Depression may not be recognized in all sufferers. Some do not have an intense sadness. Some may experience a lack of enjoyment in previously pleasurable activities. Other symptoms include hopelessness, trouble with sleep, appetite changes, a sense of guilt or poor self-worth, fatigue, and unfortunately at times thoughts of suicide.

You are NOT alone.

If you are suffering from a mental illness, it may seem like an isolating experience, but you are far from alone. Recognizing that you are struggling is the first step. Seeking help is the next.

If you are having a mental health crisis dial or text 9-8-8.

For help identifying what or if you have a mental illness, reach out to your health care provider.

For an excellent local program enroll in the next Nedley Depression and Anxiety Recovery Program.



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