

## The gospel and mental wellbeing

During the day we will be gaining an understanding of:

- The mental health and wellbeing.
- A brief sketch of the main mental health problems; how to recognise them and support those who face these challenges. Where to go for professional help.
- Mental health crises: suicidal thoughts and behaviour, panic attacks and psychotic episodes.
- How we talk and teach about mental health in a Christian context.

There will be some reflections from scripture, presented material, whole group and small group discussion, as well as some videos. We won't be doing role play.

**Timetable (this is for one day, can be adapted to two half-days or four 90 minute sessions online or face-to-face)**

<b>10.00</b>	Welcome and introductions.  Reflection: The gospel promise of peace  Stress: what it is, how to manage it, how to help others to manage theirs  Anxiety: when do our worries become an illness? The biology of anxiety and the main anxiety disorders. Anxiety in students and young professionals. Where to get help and support.  Panic attacks: how do we support?
<b>11.30</b>	Short break
<b>11.45</b>	Reflection: David on the bottom – it wasn't all Psalm 23!  Depression: when does low mood become an illness? What are the symptoms, how do we recognise it, and support people?  Suicidal crisis – how do we spot the warning signs and where do we go for help?
<b>13.00</b>	Lunch

- 13.45** Reflection: The bible and the psychology of human flourishing  
The Wellbeing Compass  
Self-care: building a Wellness Action Plan for yourself and for others
- 13.45** Short break
- 15.00** Reflection: Saul's journey into unreality  
  
What is psychosis? How do we recognise it? Physical illnesses with psychotic symptoms. How to support someone experiencing psychosis and where to get help.
- 16.00** Finish