



GRACE POINT

Mental Health Ministry at Grace Point

The purposes of Grace Point's Mental Health Ministry:

- To provide **nonprofessional** support by ministering to those whose lives are impacted by Mental Health (MH) challenges: youth, families who have loved ones, and individuals.
- To equip our church community by providing resources, normalizing MH challenges, and challenging all to show nonjudgmental love, God's grace, & acceptance to those whose lives are impacted by MH challenges.
- To train our youth leaders in ways to minister to our adolescents who are struggling with MH issues.

Those Supported by This Ministry:

- Youths and adults dealing with MH issues (depression, anxiety, serious mental illnesses, etc.)
- Families who have a loved one struggling with MH issues



Available Support:

- For those who are facing MH struggles (yourself or a loved one—ongoing or an immediate MH crisis): Contact any pastor. He will pray with you and assist you in determining how best to help.
- For those whose lives are being impacted by MH struggles (not an emergency): Ask to connect with one of our Care Responders from our Care Ministry - who will offer a variety of one-on-one support options from which you can choose (confidential prayer, text or chat, meet for coffee, etc.). They will come along side and compassionately listen, assuring you you're not alone and there's hope in the Lord.
- For parents of children of any age who have struggled or who are struggling with MH challenges: Join Grace Point's support group for parents of children who have any type of special needs. This group offers a hybrid meeting the third Tuesday night of each month at Grace Point.

WHO IS ON THE TEAM?

We all are! Grace Point's Mission is to help more people become fully committed followers of Jesus. Every one of us has an opportunity and a command to love others as Jesus loves. Jesus modeled compassion and love for those who were marginalized, perceived as different, or struggling.

What You Can Do:

- Accept people who are struggling with MH issues. Responding to MH struggles with compassion and understanding reduces needless shame. In love, show empathy—"their pain in your heart."
- Normalize how you speak about MH issues. **MH struggles are common.** About 1 in 5 teens and adults experience Mental Illness (MI) each year.
- Acknowledge the heartache family members experience who have loved ones dealing with MH struggles. Those family members are also impacted by the trial of their loved one. (Suggestions: Simply say, "How are you doing?" or "I'm sorry you are all going through this.")
- Keep things confidential if someone discloses details of a MH struggle.
- If MI has impacted your life, you are in a position to minister to those struggling with MH issues. You can share the hope, peace, and comfort God has given you and/or a loved one.

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God."

(2 Corinthians 1:3-4)

Additional Resources:

For specific ways you can show Christ's love to those struggling with MH issues, see our resource table or email care@gracepointpa.org.