

## Let's Talk About Mental Health

*The evidence is all around us—people of all ages are struggling with their mental health like never before. And not acknowledging the struggle isn't helping. So that's what we are going to do at The Hills—talk about mental health. We invite you to join us for a conversation that will be full of honesty, compassion, and hope...because Jesus is being invited too.*

### Week 1: Why Talk About Mental Health?

1. Rick began by stating that *“The world needs to become a safer place for people to talk about their struggles with mental health, and not only should the church join the conversation, but the church should lead the conversation.”* Why is it so important for us to create a safe place for people to talk about struggles with mental health?
2. **SO RELEVANT! *The struggle with mental health is real.*** What evidence do you see that more people than ever are struggling with their mental health? Follow up: Have you seen this to be true in your own life?
3. **SO RELEVANT! *Not talking is not working.*** *We have got to bring this conversation out of the darkness and expose it to the light...like the Bible does.* **Read Psalm 6:6; 13:2, 69:2-3.** What encouragement do you find from David's example of expressing his struggles to God? Follow up: What are some other examples from the Bible of people who experienced mental health challenges and what can we learn from their inclusion in Scripture?
4. **IT'S IMPORTANT... that we destigmatize having mental health challenges.** Why is it crucial that we not trivialize (*“It's not so bad”*) or over-spiritualize (*“You need more faith”*) someone's mental health challenge? Follow up: Why is showing empathy (*“I'm so sorry. How can I support you?”*) a better option (**see Galatians 6:2**)?
5. **IT'S IMPORTANT... that we as a church family extend grace to all our fellow strugglers.** How can being the presence of Christ for each other (*instead of trying to fix each other*) offer real hope to real people with real problems (**see Romans 12:15-16**)?
6. **IT'S IMPORTANT... that we take steps in the direction of hope, faith, and health.** Rick shared several options for pursuing wellness (*see a doctor or counselor, take medicine, watch your intake, get more sleep or exercise, go outside more, choose community, practice spiritual disciplines*). Which ones resonated the most with you? What are other options?
7. Rick closed by reminding us that **We talk about mental health because revealing brings healing.** Why is our first instinct normally to conceal our weakness from others? Follow up: Share some examples of how revealing some of your struggles have brought about healing.

