

You Are Not Alone: Caring for Your Mental Health

At times, life can feel overwhelming, even when we are surrounded by friends, family, and a supportive church community. It's important to remember: **you are never truly alone**. Mental health challenges touch many lives, across all ages, backgrounds, and walks of life. Seeking help is a sign of strength, not weakness.

Did You Know?

- **1 in 5 adults** in the United States experiences mental illness each year.
- **Anxiety disorders** affect nearly **40 million adults** nationwide.
- Depression is a leading cause of disability, yet effective treatments—therapy, medication, and spiritual support—can make a difference.
- Early intervention improves outcomes, whether it's talking to a counselor, a doctor, or a trusted spiritual mentor.

Faith and Mental Health

Our faith teaches us to support one another. Psalm 34:18 reminds us: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."* Seeking help—through prayer, counseling, or community support—is consistent with God's love for healing and wholeness.

Ways to Care for Your Mental Health

- **Connect with Others:** Share your feelings with trusted friends, family, or church members.
- **Professional Support:** Therapists, counselors, and doctors can provide strategies and treatment options.
- **Self-Care Practices:** Adequate sleep, healthy nutrition, exercise, and time for reflection or prayer support emotional well-being.
- **Spiritual Support:** Prayer, scripture reading, and participation in church activities can strengthen resilience and hope.

You Are Not Alone

It's okay to ask for help. Our church community, local resources, and faith-based organizations are here to walk alongside you. Reaching out is a courageous step toward healing and hope.

Resources Near Big Lake, MN:

- **Solutions Counseling, St. Michael:** (763) 497-2000
- **NAMI Minnesota Helpline:** (651) 645-2948
- **Mental Health Crisis Line:** 988

Let us support one another with compassion, encouragement, and faith. Remember: **you are never alone in your journey**.