

Mental/Emotional Health Resource Sheet

Bible characters (good or bad) who may have suffered with mental/emotional health issues

with *some* Biblical references:

Cain – Gen 4:13-14

Abraham – Gen 15:12

Naomi – Ruth 1:19-21

Saul – I Sam 16:14-23; 19:1-10; 24:1-22

David – Many of the Psalms (see below)

Solomon - Ecclesiastes

Elijah – I Kings 19:1-8

Job – Job (esp. chapter 3)

Jeremiah – Jeremiah 20:7-18; Lamentations

Nebuchadnezzar – Daniel 4:28-37

Jonah – Jonah (esp. chapter 4)

Psalms for the Suffering:

Psalms about Suffering – 6, 13, 22, 32, 38-39, 51, 55, 69, 77, 130, 142-143

Psalms About Trusting God in Suffering – 18, 25, 27, 31, 37, 40, 42-43, 62-63, 71, 73, 86, 90, 94, 107, 116, 118, 124

Psalms about God's Comfort and Strength – 23, 34, 46, 84, 91, 95, 103-104, 110, 121, 123, 138-139, 141, 146-147

Other Passages and Sections of the Bible about Mental Health:

Genesis 3 – the source of sin and shame among humanity

Isaiah 40-66 – God's love for his people amid trials

Matthew 11:25-30 – Jesus gives us rest from our suffering

John 14-16 – we will face suffering, but Jesus provides comfort

John 21:15-17 – Jesus restores Peter from his condition of shame

Romans 7-8 – the brokenness of us and creation and God's response

Romans 12:3-7, 15 – when one person suffers, all suffer

Philippians 4:11-13 – the secret to being content

Revelation 21:3-7 – the promise of a new creation

Mental/Emotional Health Resources:

24 Hour Crisis Lines

800-273-8255 – National Suicide Prevention Lifeline
Text MHA to 741741 – Mental Health America Hotline
Text CONNECT to 741741 – Crisis Text Line

Numbers to call for questions or support

800-622-4357 – Substance Abuse and Mental Health Services Administration (SAMHSA)
800-950-6264 – NAMI emergency mental health hotline (Monday-Friday, 10 a.m.-6 p.m.)
866-615-6464 – National Institute for Mental Health (Monday-Friday, 8:30 a.m. – 5:30 p.m.)

Therapy and Counseling:

Your Local Pastor

Rev. Ed Keinath, CrossLife Ministries (812) 522-8440
1550 South Walnut Str., Seymour, IN 47274

Dr. Joyce Spurgeon, M.D. (812) 523-7852
415 S. Walnut St., Suite 221, Seymour, IN 47274

Christopher and Associates Evaluation and Counseling (812) 523-0386
322 Dupont Rd, Seymour, IN 47274

Amy Weaver (812) 522-4124
First United Methodist Church, Seymour

Websites for Mental Health:

www.nami.org – The National Alliance on Mental Health provides education, advocacy, a help line, and a number of events.

www.mentalhealthamerica.net – Mental Health America provides prevention services, early identification and intervention for those at risk, and support with the goal of recovery.

www.nimh.nih.gov – The National Institute of Mental Health is a federal agency for research on mental health as part of the Department of Health and Human Services.

Healthy Habits

- Physical:
 - Eat healthy
 - Exercise regularly
 - Keep up your hygiene
 - Keep your house clean
 - Keep a regular routine
- Spiritual
 - Pray regularly
 - Attend church
 - Read the Bible (see reverse)
- Mental/Emotional:
 - Find a trusted confidant
 - Build a network of trusted friends
 - Get out of your house and talk to people
 - Learn to pay attention to your emotions
 - Look into counseling or medication