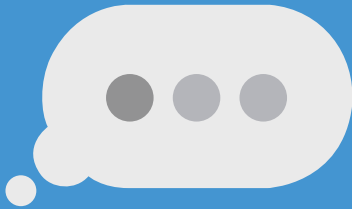


RU  
OK?




*A conversation can change a life.*



GOD DID NOT  
CREATE YOU WITH,  
AND WILL NEVER  
GIVE YOU THE SPIRIT  
OF FEAR. HE HAS  
GIVEN YOU A SPIRIT  
OF POWER, LOVE  
AND A SOUND MIND.

*2 Timothy 1:7*

# MENTAL ILLNESS

So many people today, including Christians, go through their everyday lives hiding a veil of darkness in their hearts and minds. They live with anxiety, depression, shame or some form of mental illness and are afraid to admit or talk about it. This booklet is  designed to help notice the signs, find steps to get help and words and songs of encouragement to carry you through these challenges. There should be no stigma about mental illness and the struggle it brings. It is a disease. There is health and healing to be found.

# STATISTICS



*By the year 2020, major depressive disorder will be the #1 health concern of women around the world.*



*Each one of us will know and love someone who is living with a mental illness.*



*1 in 5 adults have been on medicine that treated depression.*



*There is a 300% increase in anti-depressant prescriptions.*

**40,000**

*40,000 people commit suicide in the U.S—that is twice the murder rate.*



*60 million Americans are going to be living with mental illness in the next year.*



*1 in 9 are currently on medicine to treat depression.*

**1,000,000**

*1 million adults a year report making a suicide attempt.*



*Suicide is the #1 killer of kids ages 15-24.*

# POSSIBLE SIGNS

*Mental illness effects people in different ways. A change in thoughts or behavior can be early warning signs. Signs alone do not necessarily warrant a diagnosis of mental illness – everybody experiences ups and downs in life. A combination of changes occurring at the same time may indicate a situation that needs attention. Jesus commands us to love others as well as you love yourself. Take some time to look out for others.*

- Consistent Pain
- Eating Issues
- Irritability
- Excessive or lack of sleep
- Anger
- Forgetful or hard to focus
- Suicidal thoughts
- Unemotional
- Lack of attention to hygiene
- Social withdrawal

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## R U OK?



*Be Proactive. If you have noticed a change in someone's behavior or thinking, don't hesitate to ask the question, "R U OK?" Sometimes, we see that our friends are off or not the same "happy go lucky" person. At first, they may have a tough time telling you what's going on. Let them know they are in a safe space by talking to you.*

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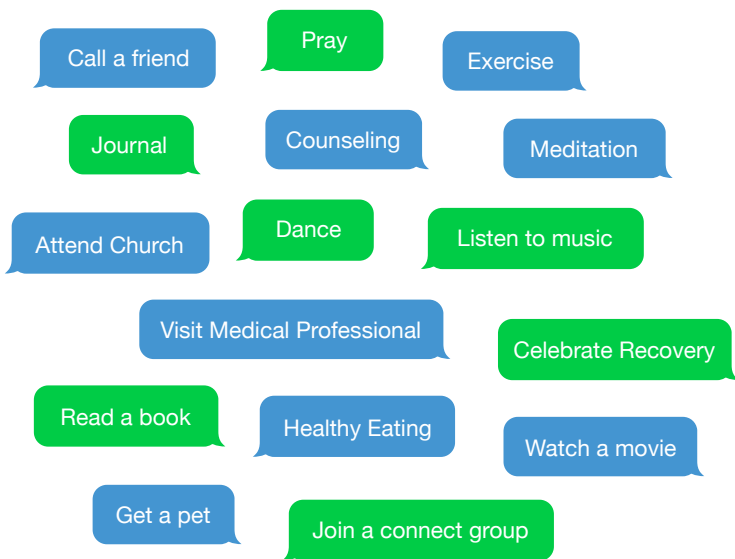
## LISTEN

*It's so important that once you have started the conversation, to actually listen. Talking about their problems can be embarrassing and sometimes, almost shameful, so make sure to listen with open ears...be an empathetic and non-judgmental listener.*



# ENCOURAGE ACTION

*You've taken an important step and asked the question, "R U OK?"  
You've shown you care by listening to their challenges—now encourage them to take action! Be the voice of hope in their life. Taking the first step is always the hardest so do your best to support them.*



**Help your friend create a simple action plan.**

- 1. Seek professional help.**
- 2. Identify stress triggers.**
- 3. Outline the sources of peace and enjoyability.**
- 4. Seek spiritual guidance and assurance from God, His Word and in Church.**

# CHECK IN AND SUPPORT

## **A conversation can change a life.**

*When people are depressed, it's even harder for them to reach out and ask for help – that is why it is so crucial for you to follow up and continue to be a cheerleader for them. Create a specified day and time to “hang out” and keep the lines of communication open.*

### **Who are you going to check in and support?**

Name \_\_\_\_\_

Phone \_\_\_\_\_ Day & Time \_\_\_\_\_

**Once a person has opened up to you, the worst thing you can do is abandon them. You must continue to show up and be present in their life. You may be the catalyst for them getting well. Even when people may not want help, we can always pray for them.**

### **Who are you praying for today?**

\_\_\_\_\_



NOW MAY GOD, THE  
INSPIRATION AND FOUNTAIN  
OF HOPE, FILL YOU TO  
OVERFLOWING WITH  
UNCONTAINABLE JOY AND  
PERFECT PEACE AS YOU  
TRUST IN HIM. AND MAY THE  
POWER OF THE HOLY SPIRIT  
CONTINUALLY SURROUND  
YOUR LIFE WITH HIS SUPER-  
ABUNDANCE UNTIL YOU  
RADIATE WITH HOPE!

*Romans 15:13*

# PRAYER

**No matter the place you stand, God is always ready and willing to hear you. He loves you and cares for you deeply.**

Father, I Thank You today that You are my good, good Father who loves me beyond measure. I Thank You for all of the good You have done, are doing and will always do in my life. I recognize today, that You have extended Your immeasurable grace and favor towards me and that although I may be standing in a season of struggle, You are with me and moving on my behalf.

Father, Your Word says to cast my cares upon You. Today, I release my cares to You. I choose to give You the burdens of my life. I know that You care. You know the very number of hairs on my head, so I trust that You see the pain I am struggling with. I trust that You see the chaos that has erupted in my mind; and ultimately, I trust that You are stronger and more powerful than anything that seeks to come into my life to create negativity and destruction.

Father, today I come into agreement with Your Word and its Promises. I rebuke the enemy and the attack he has waged on my mind. I command you, devil, to leave my mind alone. In the Name of Jesus, my mind is sound, and it is under my control. I stand against negativity, depression, anxiety and any other form of mental illness, and I declare that my mind is free. I rebuke fear, knowing that You did not create me with a spirit of fear. You created me with a spirit of power, love and with a sound mind.

Even when I feel alone, I know that You are with me. Even when there seems to be no hope, I know that I always have hope in You. Even when darkness is all I can see, I know Your light is present. Father, I ask that Your supernatural peace that surpasses all understanding fill my heart and mind. Strengthen me as I walk towards deliverance and peace. I believe that Your miracle-working power is setting into motion total restoration and victory in my life.

In Jesus' Name. Amen.

# DECLARATIONS

There is healing and life available to you as you speak the Word of God. Confess these on a daily basis.

I am healed.

I am free from depression. I am free from anxiety. I am free from mental illness.

God has not given me a spirit of fear so I am not afraid.

In fact, I will not fear because greater is He that is alive on the inside of me than any feeling, emotion, sickness or disease.

My mind is not chaotic. It is peaceful and orderly.

I think good thoughts, thoughts full of faith and hope.

My mind functions according to the way You designed it to.

I believe that You died so that I can live the God kind of life.  
I will live and enjoy the God kind of life!

My days are good days, days full of hope, joy and laughter.

I declare that Your peace abounds in my life, and I am a living testimony of Your health, welfare and prosperity.

I believe that You have made every kind of good available to me, and Your good is my reality.

I am full of hope!

I have a confident expectation for my life.

I will live a good life, a long life and a satisfied, happy, hopeful life!

I place my trust in You and choose to rest in the finished works of the cross.

I am healed, redeemed and delivered from all forms of mental illness.

# BIBLE PROMISES

## **SCRIPTURES FOR MENTAL STABILITY**

*Philippians 4:6-8*

*Psalms 40:1-3*

*1 Peter 5:6-7*

*Isaiah 43:1-3*

*Deuteronomy 31:8*

*Psalms 34:17*

## **SCRIPTURES FOR JOY**

*Galatians 5:22*

*Psalms 144:15*

*Philippians 4:4*

*Psalms 118:24*

*Psalms 28:7*

*John 16:22*

## **SCRIPTURES FOR HOPE**

*Jeremiah 29:11*

*Romans 15:13*

*Hebrews 6:18-19*

*1 Peter 1:3*

*Psalms 39:7*

## **SCRIPTURES FOR STRENGTH**

*Psalms 18:1-2*

*2 Corinthians 9:8*

*John 16:33*

*Romans 8:38-39*

*Isaiah 40:31*



# CHECK OUT OUR SPOTIFY LINK FOR INSPIRATIONAL MUSIC!



Here's a little look into what's on our **R U OK?** playlist.

*Be Still - Hillsong Worship*

*Do It Again - Elevation Worship*

*No Longer Slaves - Bethel Music*

*Peace Be Still - Lauren Daigle*

*Good Good Father - Chris Tomlin*

*O Come To The Altar - Elevation Worship*

*Not Today - Hillsong United*

*One Thing Remains - Jesus Culture*



Go to **Spotify.com** then search **alfceast**.

[https://open.spotify.com/user/alfceast/playlist/6y6uEMrw5qBqchNyr6q5gQ?si=EO4mtBS\\_RMuYzn-Jhqzv2A](https://open.spotify.com/user/alfceast/playlist/6y6uEMrw5qBqchNyr6q5gQ?si=EO4mtBS_RMuYzn-Jhqzv2A)

ECSTATIC PRAISE  
POURS OUT OF MY  
MOUTH UNTIL  
EVERYONE HEARS  
HOW GOD HAS SET ME  
FREE. MANY WILL SEE  
HIS MIRACLES; THEY'LL  
STAND IN AWE OF GOD  
AND FALL IN LOVE  
WITH HIM!

*Psalm 40:3*

## CRISIS HOTLINES

*National Suicide Prevention*

**1-800-273-8255**

*Veteran's Suicide Prevention*

**1-800-273-TALK**

*Emergence Health Network  
Local Crisis Line*

**915-779-1800**

*National Alliance on Mental  
Illness Help Line*

**1-800-273-8255**

*Teen Helpline* **1-800-852-8336**

### **2-1-1**

*Provides free and confidential information and referral for mental health services, help with food, housing, employment, counseling and more.*

### **CHILD-HELP USA**

*Crisis line assists both child and adult survivors of abuse, including sexual abuse; also provides treatment referrals  
1-800-4ACHILD; 1-800-422-4453*

## ADDITIONAL RESOURCES

*Connect Groups & Celebrate Recovery*

**ALFC.COM/GROUPS/** or **915-532-8543**

### **PRAYER REQUEST**

*We would love to pray for you. Email us at **ALFC.com** and click on the Connect tab and go to Prayer Request.*





EL PASO | AUSTIN | LOCKHART

ALFC.COM | 915-532-8543