



England Therapy

Navigating Life Mental Health



Jerred England, LMFT



JERRED ENGLAND

Licensed Marriage & Family Therapist

LIFE EXPERIENCE

Husband, Dad, former Youth Minister & Preacher, Survived
Meta Outage of 2024

MENTAL HEALTH EXPERIENCE

Licensed since 2015, Masters in 2012, worked in community mental health and private practice. Primary work with adolescents, young adults, couples and I can do Brainspotting and Neurofeedback.

Today's Discussion

Topics to
Cover

- What's the deal?
- Is mental health Biblical?
- What should I do?
- What are my options?
- Resources



What happened after a man got 217 coronavirus shots

Rachel Pannett, (c) 2024 , The Washington Post

Tue, March 5, 2024 at 11:32 PM CST · 3 min read



2k



CORRECTION: The Washington Post is providing this news free to all readers

Uhhh.



Mental Health in America

You are NOT
ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults
experience
mental illness

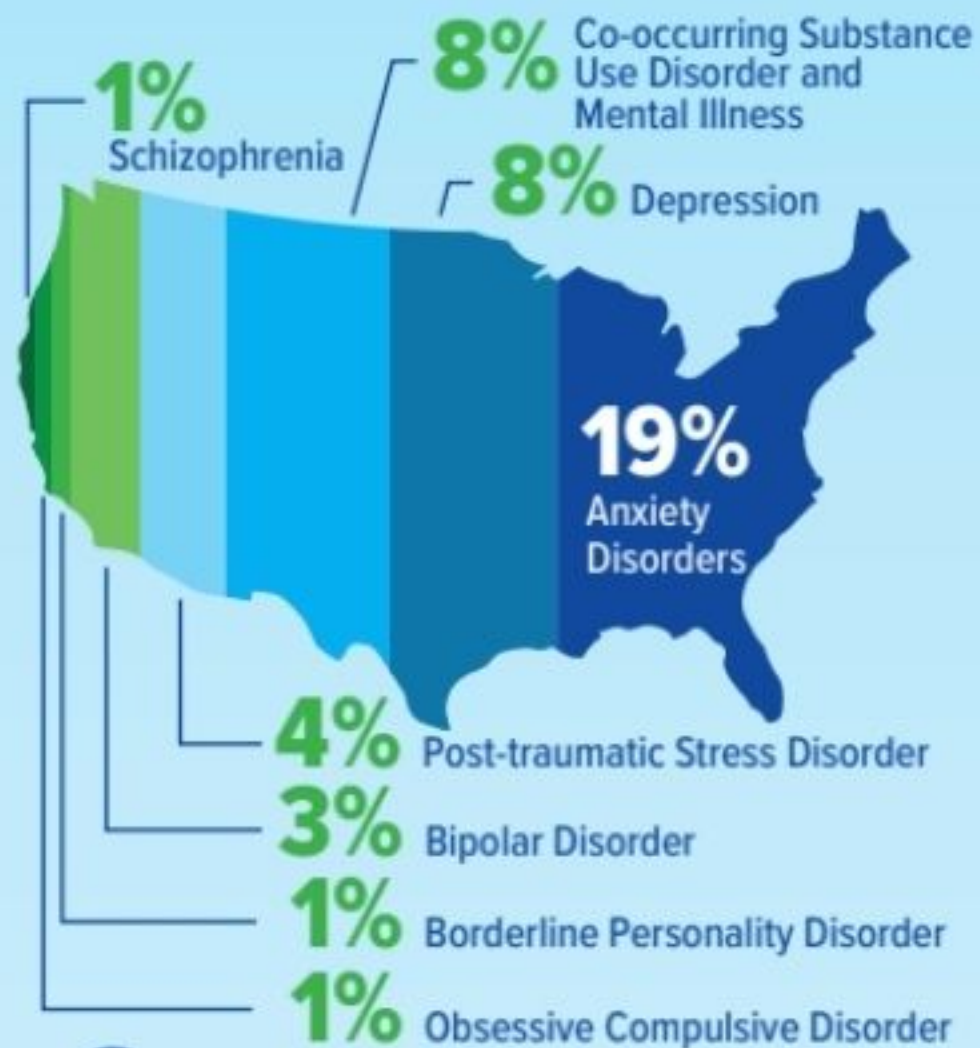
1 in 20

1 in 20 U.S. adults
experience serious
mental illness

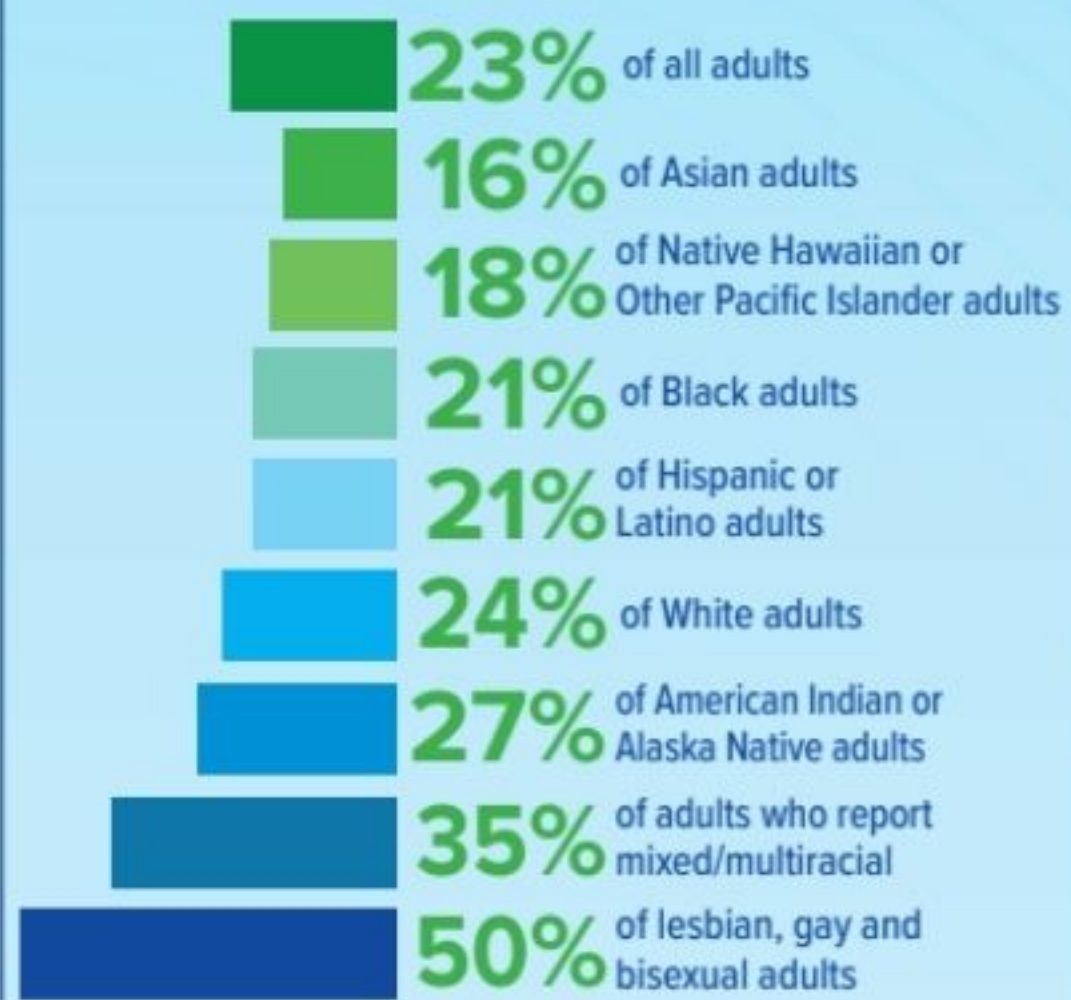
17%

of youth (6-17 years)
experience a mental
health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Because of your anger, my whole body
is sick; my health is broken because of
my sins. My guilt overwhelms me- it is
a burden too heavy to bear.



Because of your anger, my whole body
is sick; my health is broken because of
my sins. My guilt overwhelms me- it is
a burden too heavy to bear.

King David
Psalms 38:4



“I have had enough Lord, he said. Take
my life, I am not better than my
ancestors.”



“I have had enough Lord, he said. Take
my life, I am not better than my
ancestors.”

Elijah

1st Kings 19:4



“Cursed be the day I was born...why did
I ever come out of the womb to see
trouble and sorrow and to end my
days in shame?”



“Cursed be the day I was born...why did
I ever come out of the womb to see
trouble and sorrow and to end my
days in shame?”

Jeremiah

Jeremiah 20:14, 18



“Terrors overwhelm me...my life ebbs away, days of suffering grip me. Night pierces my bones, my gnawing pains never rest.”



“Terrors overwhelm me...my life ebbs away, days of suffering grip me. Night pierces my bones, my gnawing pains never rest.”

Job

Job 30:15-17



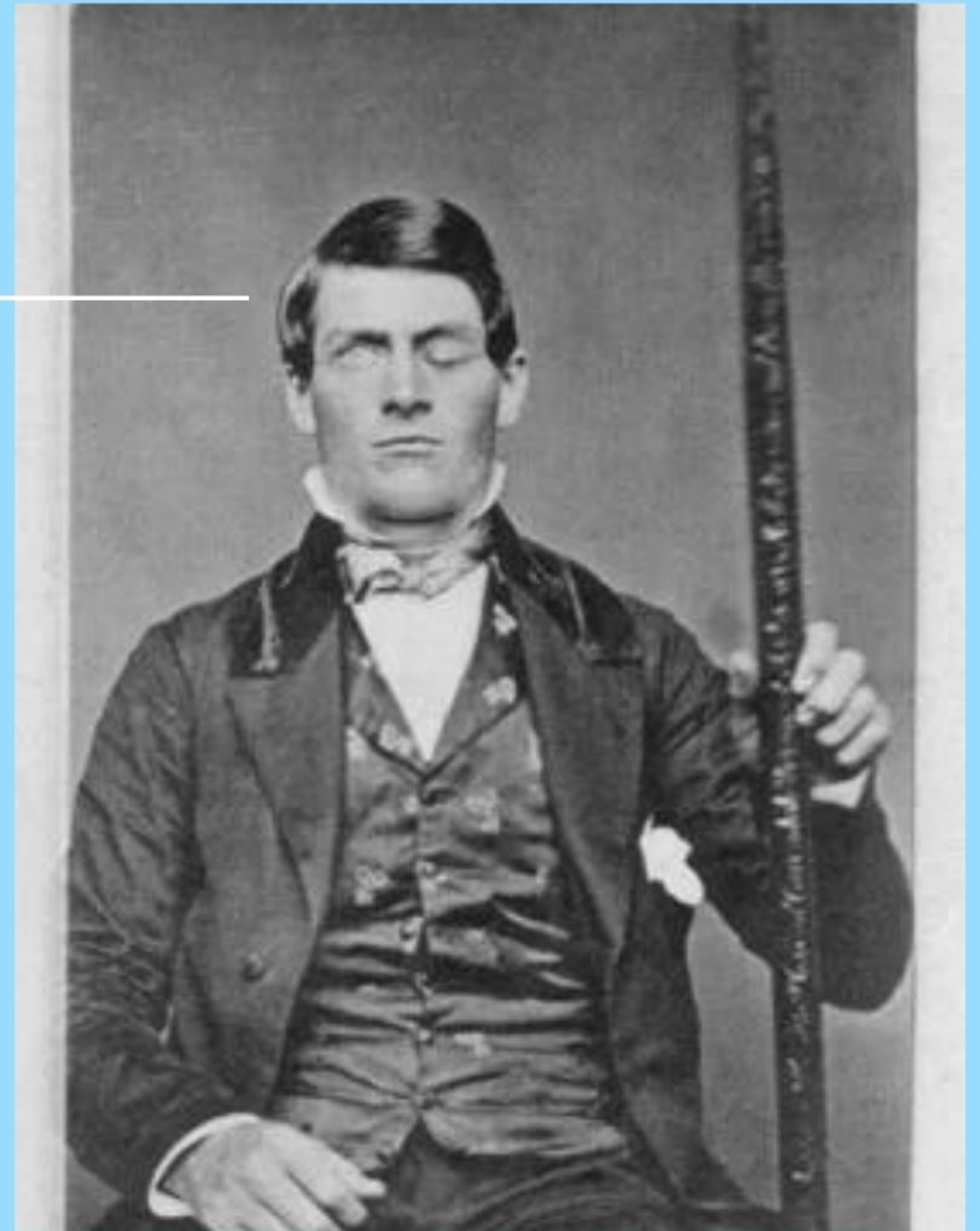
MENTAL HEALTH RESEARCH

Why do some have mental health issues?



Phineas Gage

First Patient of Neuroscience



Should I see a counselor?

FOOD FOR
THOUGHT

1. **Persistent Symptoms**
2. **Difficulty Coping**
3. **Changes in Behavior:**
4. **Interference with Daily Life**
5. **Physical Symptoms**
6. **Substance Use**
7. **Thoughts of Self-Harm or Suicide**
8. **Concerns Raised by Others**



What are options?

FOOD FOR
THOUGHT

1. Psychotherapy
2. Medication
3. Lifestyle changes (food issues)
4. Alternative therapies (EMDR, Neurofeedback, etc.)



Should a Christian take
medication?



#mentalhealth

RESOURCES

YOUR HEALTH INSURANCE

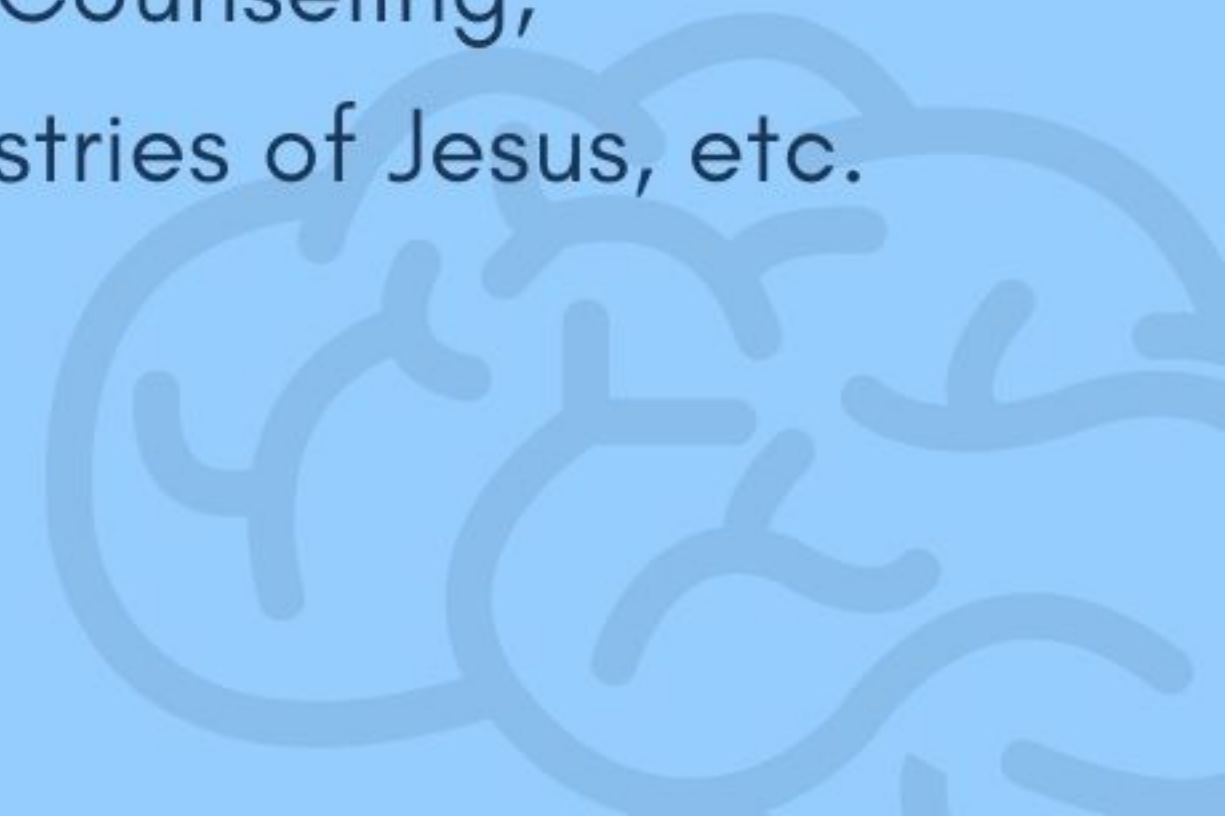
They have a list of providers.

NAMI

Support group for family members with those suffering mental illness.

LOW COST OPTIONS

OC Counseling, Ministries of Jesus, etc.



EDUCATE YOURSELF

Look at research on
their issue,

LISTEN WITHOUT JUDGMENT

James 1:19

OFFER EMOTIONAL SUPPORT

Encourage and
empathize,

RESPECT BOUNDARIES.

Give autonomy and
trust.

OFFER PRACTICAL SUPPORT.

Help with daily tasks.

PRACTICE SELF-CARE

Take care of yourself.

Let's Connect



