



Our converted words

Young Minds

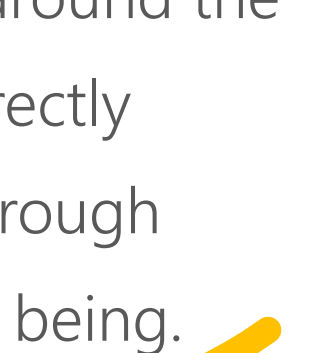
Talk

Mental

Health

# Our Topic: Mental Health

Mental health is often viewed as an adult issue, but in fact, 83% of young people surveyed in the UK since lockdown have expressed that there has been an effect on their mental health (sic Young minds charity). This can pose a huge problem for students in terms of academic and social success in school and beyond. Education systems around the world treat this topic differently, both directly through official policies and indirectly through cultural views on mental health and well being.





Let's watch a short video  
on mental health

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

How has the video impacted  
your view on mental health?

Over to you!

- Effects on academics and school life
- How you think mental health affects you?
- What does this mean for you as a Christian?





Who do you talk to?




# Who do you talk to?

Being able to talk to someone other than a parent is sometimes very helpful.

Grandparents, uncles, aunts, teachers or even a counsellor can all offer support.



The  
importance  
of talking to  
someone  
you trust

- Effects on academics and school life
  - How you think mental health affects you
  - What this means for you as a Christian
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# Talking to God

As Christians we also talk to God through prayer in the name of Jesus to help us /listen to us.

The next slide also lists a few of the many verses in the Bible that can reassure us when we are feeling anxious.





# Bible verses to support mental well-being

## **Philippians 4:6-7 ESV**

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## **1 Peter 5:7 ESV**

Casting all your anxieties on him, because he cares for you.

## **2 Timothy 1:7 NIV**

For God has not given us a spirit of fear but that of power, love and a sound mind.

## **Isaiah 41:10 ESV**

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

## **Philippians 4:13 ESV**

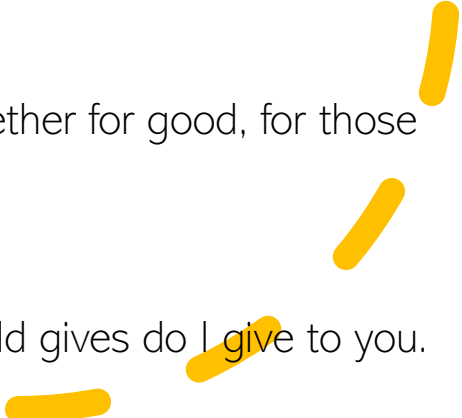
I can do all things through him who strengthens me.

## **Romans 8:28 ESV**

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

## **John 14:27 NKJV**

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.





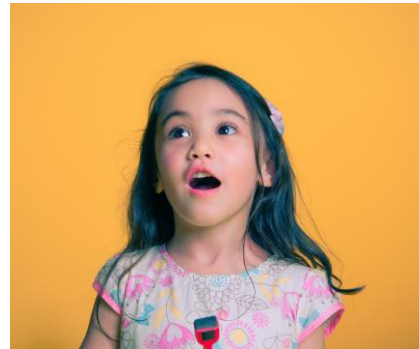
# Organisations that can help

- Young Minds
- The Black, African and Asian Therapy Network
- Childline
- Mind
- NHS
- Anna Freud National Centre for Children and Families



Time to  
reflect

Remember it's good to talk,  
don't be afraid to share your  
feelings or ask for help.





Let's pray