



Mental Health
AWARENESS MONTH



CONNECT
The People's Voice for Mental Health In Summit County

PSALM 88



You Are Loved

1 John 4:10

Love consists in this: not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.

You Have A Purpose

Jeremiah 29:11

For I know the plans I have for you”—this is the Lord’s declaration—“plans for your welfare, not for disaster, to give you a future and a hope.

You Are Not Alone

Matthew 27:46, Psalm 22:1

My God, My God, why have You forsaken Me?

Why are You so far from helping Me,

And from the words of My groaning?

O My God, I cry in the daytime, but You do not hear;

And in the night season, and am not silent.

“The flesh can bear only a certain number of wounds and no more, but the soul can bleed in ten thousand ways, and die over and over again each hour.”

Charles H. Spurgeon, 19th C. Pastor of London Tabernacle

You Are Needed

2 Corinthians 1:3-4

Praise the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God.

You Belong

Romans 12:4-5

Now as we have many parts in one body, and all the parts do not have the same function, in the same way we who are many are one body in Christ and individually members of one another.

Father God Sees You and is With You

Psalm 34:18, John 11:35

The Lord *is* near to those who have a broken heart,
And saves such as have a contrite spirit.

Jesus wept.

God Speaks through Scriptures

Psalm 119:25, 28, 41, 77

I lie in the dust; revive me by your *word*.

I weep with sorrow; encourage me by your *word*.

Lord, give me your unfailing love,

the salvation that you *promised* me.

Surround me with your tender mercies so I may live,

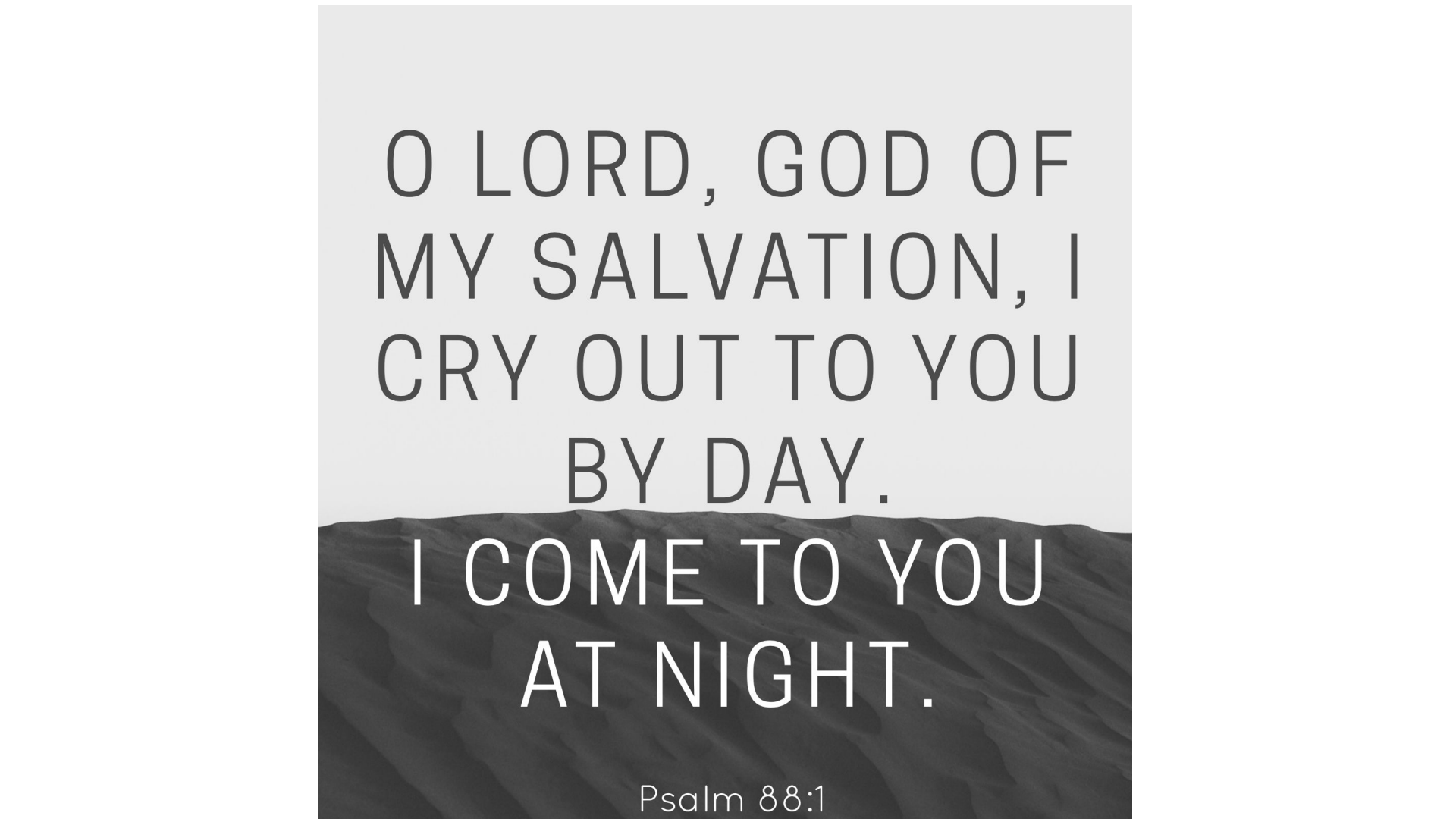
for your *instructions* are my delight.

Six Way to Show Compassionate Love

1. Care for practical needs
2. Listen and learn
3. Deal with your discomfort
4. Research options for treatment, support, help access
5. Get support for yourself
6. Speak the truth in love

“When you go through darkness if you don’t feel God’s there. But you hold on anyway, and you say, “you know what you’re God and I’m not and I’m not getting anything out of this but I’m still going to pray, I’m still gonna go to church and worship I’m still going to love my neighbor I’m still gonna do the things I ought to do.. That will turn you into a person not self-centered not in a transactional relationship up and down all the time it’ll turn you into a person of endurance, of stability, of strength, of greatness...”

Tim Keller, Redeemer Church NYC



O LORD, GOD OF
MY SALVATION, I
CRY OUT TO YOU
BY DAY.

I COME TO YOU
AT NIGHT.

Psalms 88:1