

LET'S *TALK* ABOUT IT.

Tips For Helping Your People

Jesus came to bring you hope and to **BE** hope to you and the people in your life. Jesus knows what you're going through and what the people in your life are going through.

John 11:35 is the shortest verse in the Bible, yet one of the most powerful. It simply says, "**Jesus wept.**" For context, Jesus had learned that his friend Lazarus died. He knew that a miracle was just around the corner, but Lazarus' sisters, Mary and Martha, didn't know that. They were devastated, broken, and angry. Jesus wept because He felt their pain. He's the perfect example of a friend supporting his friends in their time of need.

Chances are, if you aren't struggling with some sort of mental health challenge, somebody you know or love is. This simple resource will help you offer real, helpful support to the people in your life in times of challenge.

As you read this, keep in mind that taking care of your own mental and spiritual well-being is crucial before effectively supporting others who are struggling with mental health challenges. The Bible encourages you to "**love your neighbor as yourself**" (**Mark 12:31**). It's essential to prioritize self-care and spiritual nourishment so that you can join God in extending love and support to the people in your life.

Regular prayer, meditation, and reflection on the Bible will help replenish your spirit and provide clarity and peace so that you can pass that on to others. By grounding your life in faith and seeking spiritual guidance, you will become better equipped to offer empathy, compassion, and support to those in need.

HELPING A FRIEND WITH ANXIETY & DEPRESSION

Anxiety and depression are so prevalent in today's society. In fact, almost 40% of adults in America report symptoms of anxiety or depression. **Here are some signs that someone you love is experiencing this challenge:**

- Feeling sad or anxious often or all the time
- Not wanting to do activities that used to be fun
- Feeling irritable, easily frustrated, or restless
- Having trouble falling asleep or staying asleep
- Waking up too early or sleeping too much
- Eating more or less than usual or having no appetite
- Experiencing aches, pains, headaches, or stomach problems that do not improve with treatment
- Having trouble concentrating, remembering details, or making decisions
- Feeling tired, even after sleeping well
- Feeling guilty, worthless, or helpless
- Thinking about suicide or hurting yourself

LET'S ~~TALK~~ ABOUT IT.

When someone you love is wrestling with depression and anxiety, being there for them is like handing them a lifeline in a stormy sea. **Generally, the first and best way to help is to listen without judgment.** Be a safe place for this person! Let them pour out their thoughts without feeling rushed or dismissed. Choose your words carefully and ask good questions to investigate where they are to learn how to respond from there.

Remind them they're not alone in this; you are there, and God has good things in mind for them! Most importantly, remind them of their strength and resilience, cheering them on as they navigate this rough patch. **With your support, they'll find the courage to weather the storm and emerge stronger on the other side.**

Helpful Questions To Ask

- What are you feeling?
- How are you, really?
- What does God say about you?
- Have you noticed any patterns or triggers for how you are feeling?
- How can I support you in this?

HELPING A FRIEND WITH ANXIETY & DEPRESSION

Helpful Scriptures

- For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. **Ephesians 2:10 | NLT**
- And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. **Romans 8:28 | NLT**
- Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. **Isaiah 41:10 | NLT**

Helpful Tools

- **Support Group** | [Celebrate Recovery](#)
- **Practices** | [Breath Prayer Practices](#), [Joy Building](#)
- **Bible Reading Plans** | [\(7-Day Plan\) Finding God In Your Depression - YouVersion Bible.com](#)
- **Podcasts** | [The Anxious Truth](#) - Drew Linsalata [The Panic Pod](#) - Joshua Fletcher
- **Apps** | [notOk](#) (free; iOS and Android)
- **Book** | [Depression, Anxiety, and the Christian Life: Practical Wisdom from Richard Baxter](#), by Michael S. Lundy, M.D.
- **Music** | [Spotify Playlist](#)

HELPING A FRIEND WITH **STRESS & BURNOUT**

A new study by Asana looked at over 10,000 knowledge workers across seven countries and found approximately **70% had experienced burnout in the last year.** Stress is normal and can be healthy, but an unreasonable amount of stress can be overwhelming and cause people to want to abandon something that was once important to them. **Here are some signs someone you love is feeling over-stressed or burned out:**

- Feeling drained
- Body aches
- Heart palpitations
- Not feeling able to cope
- Not being able to sleep
- Being sad, angry, irritable, or not caring
- Using more alcohol or other substances
- Not being able to fight off illness

LET'S ~~TALK~~ ABOUT IT.

The tip into burnout usually begins to show when someone starts thinking, "**I don't know if I can do this anymore.**" When someone you care about feels burned out, being their support can make all the difference. First and foremost, validate their feelings by acknowledging that burnout is natural and understandable. Encourage them to take a step back and prioritize self-care, whether through rest, relaxation, or engaging in activities they love. Offer practical help and share what has helped you find replenishment or simply be a listening ear. Encourage them to seek professional help, whether therapy or counseling, if necessary. **Most importantly, let them know you're in their corner, cheering them on as they navigate this challenging time.**

Helpful Questions To Ask

- How are you really feeling right now? I'm here to listen.
- What are some activities or hobbies that help you relax and unwind?
- Is there anything specific that's been weighing heavily on your mind lately?
- Have you been prioritizing self-care? What can I do to support you in that?
- Do you feel comfortable discussing your workload and finding ways to lighten it?

HELPING A FRIEND WITH **STRESS & BURNOUT**

Helpful Scriptures

- But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. **Isaiah 40:31 | NLT**
- So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.
Galatians 6:9 | NLT
- Give all your worries and cares to God, for he cares about you.
1 Peter 5:7 | NLT


Helpful Tools

- **Support Group** | [Celebrate Recovery](#)
- **Practices** | [Immanuel Journaling](#); [Is Self Care Biblical?](#)
- **Bible Reading Plans** | [\(5-day plan\) How To Handle Burnout - Time Of Grace Ministry](#)
- **Apps** | [Virtual Hope Box - Mental Health Management Tools](#) (free; IOS and Android)
- **Book** | [Embracing Rhythms of Work and Rest: From Sabbath to Sabbatical and Back Again](#), by Ruth Haley Barton
- **Book** | [Seeing with New Eyes: Counseling and the Human Condition Through the Lens of Scripture](#), by David Powlison
- **Music** | [Rest For Your Soul](#), by Austin French



HELPING A FRIEND WITH GRIEF & LOSS

Loss can be complicated because it can run on a spectrum of things, but everyone will eventually experience it. From the loss of a job or relationship to death, loss and grief are unavoidable. Going through grief and loss alone is avoidable! **Here are some signs that someone you love is suffering from grief or loss:**

- Intense sorrow, pain, and rumination over the loss of a loved one
 - Extreme focus on reminders or excessive avoidance of reminders
 - Problems accepting
 - Numbness or detachment
 - Bitterness
 - Feeling that life holds no meaning or purpose
 - Lack of trust in others
 - Inability to enjoy life or think back on positive experiences with your loved one
 - Have trouble carrying out everyday routines
 - Isolate from others and withdraw from social activities
 - Experience depression, deep sadness, guilt or self-blame
- 

LET'S ~~TALK~~ ABOUT IT.

When someone you care about is going through the painful journey of loss and grief, **your support can make all of the difference.** First and foremost, lend a compassionate ear, allowing them to express their feelings without judgment or interruption. Offer practical support, like helping with daily tasks or being present during challenging moments. Encourage them to seek professional help or join support groups if needed, reminding them that it's okay to ask for help. Often, with grief and loss, people seek isolation; let them know that they're not alone in their pain and that you're there to walk alongside them every step of the way. **You don't have to have all the answers** to help the people in your life embrace what God has for them, even in grief and loss.

Helpful Questions To Ask

- Do you want me to ask you about your experience with grief or would you rather bring it up on your own?
- What do you need right now?
- Are particular times, experiences, or days harder for you? Is it okay if I reach out to you on those days?
- What is your favorite memory with your loved one?
- How can I support you in this?

HELPING A FRIEND WITH GRIEF & LOSS

Helpful Scriptures

- The LORD is close to the brokenhearted; he rescues those whose spirits are crushed. **Psalms 34:18 | NLT**
- Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:7 | NLT**
- And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. **Romans 8:28 | NLT**

Helpful Tools

- **Support Group** | [Celebrate Recovery](#)
- **Practices** | [Joy Building](#)
- **Bible Reading Plans** | [\(5-day plan\) Finding God's Grace in Our Suffering](#) by Katie Faris
- **Apps** | [Centering Prayer App](#) (free; iOS and Android)
- **Book** | [Walking with God through Pain and Suffering](#), by Timothy Keller
- **Book** | [Bearing the Unbearable](#), by Dr. Joanne Cacciatore
- **Music** | [Spotify Playlist](#)

HELPING A FRIEND CONSIDERING **SELF-HARM & SUICIDE**

**IF YOU ARE EXPERIENCING SUICIDAL THOUGHTS,
CALL 911 or the Suicide and Crisis Lifeline at 988.**

Suicides have been steadily increasing this century. When someone you love is struggling, navigating suicide and self-harm takes intentionality and wisdom to have a serious conversation. These can be challenging moments to navigate and show up well, but **here are some warning signs to look out for if someone in your life is considering harming themselves.**

- Talking about killing or hurting themselves
- Sudden change in behavior; happier or calmer
- Suicide threats or previous suicide attempts
- Talking about feeling hopeless or having no reason to live
- Loss of interest in things one cares about
- Giving things away, such as prized possessions
- Talking about being a burden to others
- Increasing the use of drugs or alcohol
- Withdrawing or feeling isolated
- Acting anxious or agitated; behaving recklessly
- Making arrangements, setting affairs in order

LET'S ~~TALK~~ ABOUT IT.

When someone you love is wrestling with self-harm or suicide, the first step is showing up for them as a safe place. You don't have to come prepared with all kinds of ideas; just show up as a listener and friend. The next step is asking **four simple questions** without judgment but with curiosity and love:

- Have you thought about killing yourself?
- Do you have a plan?
- Do you have the means?
- Do you have an intent on killing yourself?

If the answer to that last question is "Yes," **you need to get them help immediately**. Call 911 or take them to the emergency room immediately. Sometimes, people aren't okay, and getting extra help is okay to ensure they are safe.

Often, people who take their lives don't want to die – they want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. You might be afraid to bring up the subject, but talking openly about suicidal thoughts can save a life. Listen intently, persuade them to get help, and stick with them as they navigate this difficult season.

HELPING A FRIEND CONSIDERING SELF-HARM & SUICIDE

Helpful Scriptures

- So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. **Romans 8:1-2 | NLT**
- And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. **Romans 5:5 | NLT**
- I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world. **John 16:33 | NLT**


Helpful Tools

- **Support Group** | [Celebrate Recovery](#)
- **Practices** | [Breath Prayer practices](#)
- **Bible Reading Plans** | [\(6-day plan\) Overcoming Thoughts of Suicide And Self Harm - Life.Church](#)
- **Apps** | [Lectio 365 App](#) (free; IOS and Android)
- **Book** | [A Treasury of Prayers: A Collection of Classical and Modern Expressions of Faith](#), by Stephen Fortosis
- **Music** | [Broken Vessels \(Amazing Grace\)](#), by Hillsong Worship



HELPING YOUR KIDS WITH MENTAL HEALTH

Globally, nearly 15% of young people ages 10-19 experience a mental health disorder. Perhaps you've never struggled with mental health issues, but the chances are good that a young person in your life might be. **Here are some things to watch for in your kids, grandchildren, students, and friends fighting a battle with their mental health:**

- Sadness that lasts two or more weeks
 - Changes in being social or staying away from others
 - Hurting oneself or talking about hurting oneself
 - Talking about death or suicide
 - Having outbursts or being very moody or testy
 - Out-of-control behavior that can be harmful
 - Significant changes in mood, behavior, or personality
 - Changes in eating habits
 - Loss of weight
 - Trouble sleeping
 - Getting headaches or stomach aches often
 - Trouble concentrating
 - Doing poorly in school
 - Not going to school
- 

LET'S ~~TALK~~ ABOUT IT.

When kids and students are grappling with mental health issues, **parent support can be a game-changer** in their journey toward healing and resilience. **Create a safe and non-judgmental space** where they feel comfortable expressing their feelings and struggles. **Don't try to fix anything**; just listen attentively and validate their emotions, letting them know it's okay not to be okay sometimes. Encourage open communication and offer gentle reassurance that **they're not alone**. Advocate for their needs and connect them with resources like therapy, counseling, or school support services. Foster a supportive community where they feel accepted and understood, helping to combat feelings of isolation and stigma. **With your unwavering support and guidance, they'll find the courage to navigate through their mental health journey and emerge stronger on the other side.**

Helpful Questions To Ask

- How are you, really?
- What's going on in your life these days?
- Is there anywhere you are struggling?
- How are your friends?
- How can I support you in this?

HELPING YOUR KIDS WITH MENTAL HEALTH

Helpful Scriptures

- Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:6-7 | NLT**
- Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."
Matthew 11:28 | NLT

Helpful Tools

- **Article** | [Alive to Thrive: A Biblical Guide to Preventing Teen Suicide](#)
- **Article** | [What to Do If You're Concerned About Your Teen's Mental Health](#)
- **Article** | [Parent's Guide to Youth Mental Health in Nevada](#)
- **Book** | [Seen: Despair and Anxiety in Kids and Teenagers and the Power of Connection](#), by Will Hutcherson and Chinwé Williams
- **Book** | [Boundaries](#), by Henry Cloud and John Townsend
- **Book** | [Helping Your Anxious Teen](#), by Sheila Achar Josephs
- **Music** | [Spotify Playlist Link](#)



canyonridge.org