

# YOU CAN HAVE GOD AND A THERAPIST



RETHINKING CHURCH TO SERVE THE DIGITAL AGE  
VIRTUAL SUMMIT

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Psychologist & Neurotherapist



## INTRO & ABOUT DR. J!

- Opener
- Intros
- About Dr. J!

# PERPETUATING BELIEFS

- Stigma
- Church/Pastor
- Lack of knowledge
- Prayer
- Spiritual Weakness or a Lack of Faith
- Assumptions
- Lack of understanding
- A rejection of God
- Family and Friends
- Conflicting beliefs
- \*\*\* GOD HEALS

# PERPETUATING MYTHS

- MYTH #1 - Mental Illness is a result of sin
- MYTH #2 - Mental illness means you are possessed by demons
- MYTH #3 - Mental illness means you have not accepted Christ as your savior

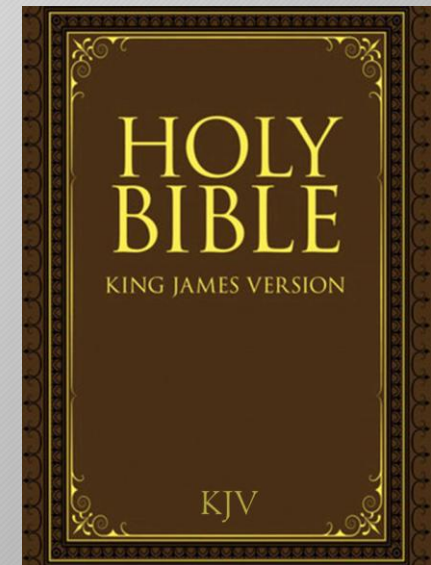
**BUST  
THE  
MYTHS.**

# THE STATS

- 1 in 4 people experience a mental illness/mental health condition.
- 23% of pastors have personally experienced a mental illness.
- 65 % of churchgoing family members of those with mental illness want their church to talk openly about mental wellness.
- 75% of churchgoers want additional resources, though they felt their churches were supportive mental illness experiences
- 49% of pastors rarely or never speak to their congregation about mental illness or mental wellness.
- 27 % of churches have a plan to assist families affected by mental illness.

# WHAT THE BIBLE SAYS

- Listen to advice and receive discipline, that you may become wise by the end of your life. (Proverbs 19:20)
- A stubborn fool considers his own way the right one, but a person who listens to advice is wise. (Proverbs 12:15 )
- You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. (Ephesians 4:22-24 )
- Plans fail for lack of counsel, but with many advisers they succeed. (Proverbs 15:22)



# DIGITAL RESOURCES FOR MENTAL WELLNESS: Therapy

- Teletherapy/Online Therapy Directories
  - Clinicians of Color
  - Therapy Den
  - Psychology Today
- Therapy Memberships
  - Online Counseling Directory
  - Doctor on Demand
  - Inclusive Therapists
- Therapy Apps
  - Ayana Therapy
  - Talkspace
  - Betterhelp
- Coa

# DIGITAL RESOURCES FOR MENTAL WELLNESS:

## Apps

- Headspace
- Calm
- Breethe
- Black Girl in Om
- Shine
- White Noise



# DIGITAL RESOURCES FOR MENTAL WELLNESS:

## Additional Online Resources

- Anonymous Groups
- Her Nexx Chapter
- Mental Health Blogs
- Mental Wellness Books
- Mental Wellness Products

# It Takes FAITH..

- to reach out for help
- to remain committed to therapy
- to do the work to heal
- to continue to trust God during adversity



# BENEFITS OF MENTAL WELLNESS

- Mind-body-spirit connection
- Know yourself better which strengthens your faith
- Another way to becoming closer to God.



# FOR YOU

## TWO WAYS

#1

- Go to [bit.ly/ONSTips](https://bit.ly/ONSTips)
- Wait for about 15 seconds
- Complete form when it appears and you will receive the file for download immediately.

-OR-

#2

- Provide your email in the comment box.
- The file will be emailed to you by Monday 1/25/2021



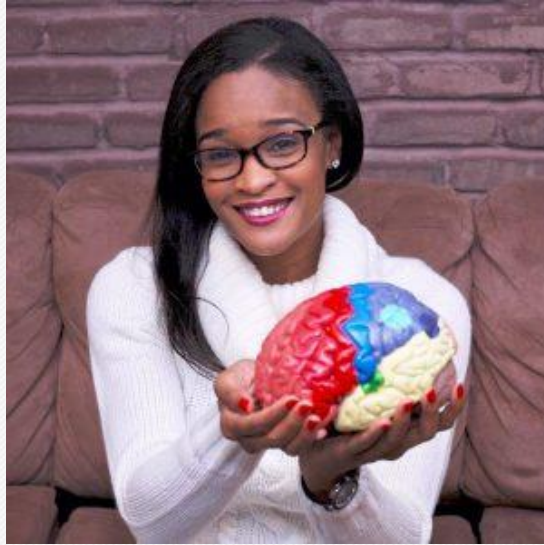
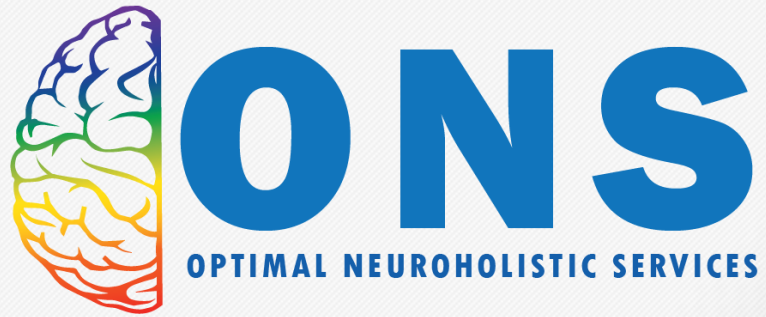
# NEW YEAR. NEW FOCUS



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