

MENTAL HEALTH FACT SHEET

How the faith community deals with persons with mental illness and their families depends on how well it deals with its own brokenness and the pain of life



The World Health Organization reports four of the 10 leading causes of disability in the US. By 2020 major depressive illness will be the leading cause of disability in the world. Additional statistics show:

- 35 million Americans suffer from a diagnosable mental disorder in a given year
 - **One in four adults, teens and children**
- *Preschoolers are becoming the largest market targeted for treatment of anti-depressants (1 million).*
- Suicide is the third largest leading cause of death of youth age 15-24
- Anxiety, panic, and phobic disorders affect two to three times as many women as men.
- Schizophrenia occurs more often in young men than in women and usually has its onset in the late teen and early adult years.
- More women than men have Alzheimer's disease.
- Depression and anxiety are seen more frequently among people with disabilities than those without disabilities.
- *32% of people counseled by their pastors were told mental disorders are spiritual in nature*

Spiritual values and resources affirm a sense of identity, worth, belonging, and clarify and internalize healthy values. The person struggling with mental illness needs a "holistic" approach (mind, body and spirit) to treatment.

Churches can help people with mental disorders by: (1) conducting awareness on the type of disorders and ways to help, (2) supporting the family, (3) allowing the person to use his/her spiritual gifts in worship, study, service and leadership, and (4) sponsoring support groups in the church facility.

