



# RELEVANT

## *Conference*

### **MENTAL HEALTH AWARENESS**

Understanding mental health in ministry and how to respond with wisdom and care.

# HI! WE ARE...

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# WHY THIS MATTERS?

## Alignment matters

- People are hurting
- Leaders are carrying a lot
- Our response can heal or harm

# 3 LENSES

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Mental health for ministry (me)

Mental health in ministry (them)

Mental health as ministry (how we care)

# MENTAL HEALTH FOR MINISTRY: LEAD YOURSELF

FOR ministry: Lead yourself first  
“Physician, heal yourself” (Luke 4:23)  
You can’t pour from empty.

360 degree leadership.

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# FOR MINISTRY: BURNOUT & WARNING SIGNS

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## Burnout signs

Exhaustion • Cynicism • Numbness •  
Irritability • Withdrawal

“Come away and rest” (Mark 6:31)

Burnout is rarely caused by one thing.  
It's usually a mix of spiritual depletion,  
emotional strain, relational isolation, and  
physical exhaustion.

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# FOR MINISTRY: GOD'S CARE FOR THE LEADER

- Elijah (1 Kings 19)

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

God restores before He redirects.

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# (MENTAL HEALTH IN MINISTRY: WHAT WE'RE SEEING IN OTHERS)

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IN ministry: Common struggles  
Anxiety • Depression • Trauma • Grief • Family  
systems • Addiction  
Not everything is “just spiritual”

Not every struggle is spiritual warfare, and not every struggle is mental illness—wisdom discerns the difference and seeks the right help.

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# IN MINISTRY: WARNING SIGNS & RISK

Pay attention to Hopelessness • Isolation •  
Major behavior change • Self-harm talk  
Crisis requires escalation

Safety always matters more than secrecy.

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# MENTAL HEALTH AS MINISTRY: HOW WE RESPOND

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AS ministry: Our posture Listen • Validate • Stay present • Pray • James 1:19

My dear brothers and sisters, take note of this:  
Everyone should be quick to listen, slow to speak and slow to become angry.

Presence is often more healing than quick answers.

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# AS MINISTRY: WHAT HELPS / WHAT HURTS

Avoid clichés “Just pray more” • “You need more faith” Create safety Confidentiality • Follow-up • Referral pathway

Wise care protects dignity and guides people toward real help.

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**WHAT DO I NEED NEXT?**

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**Q & A**

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# RESOURCES

CARE MENTORS



RESOURCES.



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