

## MENTAL HEALTH MATTERS

Self care for Clergy and their families.

"Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practice cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God." 2 Corinthians 4:1-2



This is designed to be an open a real conversation about difficult topics.

We encourage you to listen with a loving heart, to be gracious to yourself and to others.

Know that you and your family all share in the stress of ministry and the current crisis of COVID-19 and social justice.

Ask questions.

## TOPICS

WE GET IT AND WE HEAR YOU!

DEPRESSION AND ANXIETY

NOW THAT WE KNOW, WHAT IS NEXT?

### MENTAL HEALTH – DEPRESSION AND ANXIETY

- The common cold of psychological problems
- A combination of physical and psychological influences,
- Snarled rope – difficult to untangle and holding thousands of people in a bind of despair and hopelessness.
- Psychology Today reports that 9 million adults are victims of depression ever year
- 15% of this group are driven to self-destruction
- Affects all ages and all walks of life
- Bama research states that 84% of Clergy families suffer from some form of depression
- 17 to 20% of the population can expect to be depressed in a lifetime

### RELATIONSHIP STRUGGLES

- **Family violence** – can be found in every church
- **Sexual abuse** – is every bit as high in the Christian home as the general public
- **National sample conducted in Seattle, Washington, by the Center for the Prevention of Sexual and Domestic Violence determined:**
  - The Pastor will see around 14 persons each year with problems involving family violence
  - The UMC, (Peggy Halsey, Texas Methodist, October 91 1981) surveyed a portion of its membership and found 68% persons questioned had experienced family violence.
  - In a National survey of Pastors in 1984 suggested that the "problems of today's Christian families, compared with those of non-Christian families, are more similar than different."
  - Victims and abusers are the new lepers among us.

# QUESTIONS?

## GETTING HELP WHEN YOU NEED IT

- 1. When do I need to refer a person to a counselor?**
  - Establish boundaries of competence
  - Develop a good list of resources
- 2. When do I need to get help for myself?**
  - Burnout – a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment
  - Who is subject to burnout
    - People who do people work
      - Pastors
      - Counselors
      - Teachers
      - Medical professionals
- 3. Benefits of getting help**
  - Improve self awareness
  - Spiritual growth will be enhanced
  - Awareness of your Defense Mechanisms
  - Better recognition of emotions

## **METHODIST HEALTH CARE EAP**

All Arkansas Conference staff members and clergy families; whether full time, part time, retired or disabled as well as members of your household are eligible to participate.

Surviving spouses are also eligible for this benefit. People who live within 50 miles of the two EAP offices in Memphis will use that resource. For all others, there are affiliate counselors throughout Arkansas to serve you and your family.

For more information about the Methodist Healthcare EAP, please visit their website at [www.methodisteapcanhelp.org](http://www.methodisteapcanhelp.org) and review the brochure enclosed in this announcement. To access the program, simply call their toll free number 1-800-880-5658 to schedule an appointment.