

Just as...I AM

Mental Health

Offer to drive people to counseling sessions.

Share the Y4Life infographic on anxiety.

Offer to accompany others as emotional support, especially to events that may cause anxiety or stress.

Teach the Lesson Plans 4 Life on the topic of suicide.

Create positive habits to deal with mental health, such as taking walks, talking to friends, journaling, etc.

Celebrate the end of stressful times with dance parties or other activities.

Take time to rest spiritually and mentally.

Lead a Bible study on how other Christians dealt with mental health, such as Martin Luther, Paul, etc.

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." - Isaiah 41:10

