**MENTAL HEALTH CONFERENCE**

**Saturday, October 10, 2020**

**Westlynn Baptist Church**

**9:00am to 3:00pm**

**Live (in-person) at the church site, as well as live streamed**

**TOPIC: Biblical Teaching on the Treatment of Mental Health Problems**

**Teacher: Dr. Peter Golin MD**

What comes to mind when you hear the term “mental illness”? In the past, and perhaps even now in some circles, those who struggled with mental health problems were viewed as “crazy” or “scary.” However, mental illness, mental disorders, disorders of the mind, or whatever term you choose, affects many of us. You. have likely experienced anxiety, depressed mood, sleep problems, and many other symptoms of imperfect mental health in your normal, everyday life. Mental health difficulties are more common than we might think, and those who struggle are in need of love, help, comfort, and healing.

A majority of us will not only experience symptoms of imperfect mental health but also suffer from diagnosable mental illnesses that affect our education, work, human relationships, and faith, which includes our worship and service within the church. If you don’t struggle with a mental illness, you likely know someone who does.

How about within your church? It is likely that a significant number of people in your church are suffering from some form of mental illness. Unfortunately, mental health problems are frequently experienced in secret, with sufferers hoping no one will find out.

The speakers at this free seminar strongly believe that God, our creator, understands every mental health problem that exists and is the ultimate healer of each one of them. In addition to care received by medical professionals, the healing process of Christians should *always* include God’s wisdom found in the Holy Scriptures.

Our aim in having this one-day seminar is to provide some Biblical teaching on the causes and treatments of common mental health problems for those suffering from mental problems. We hope this seminar will further bridge the gaps that are sometimes viewed to exist between spiritual, physical, and mental health, as well as reduce the stigma and fear of mental illness that may be held by some in the Christian church. We also believe this seminar can serve as a helpful resource for Christian leaders ministering to members in their congregation, equipping them with increased awareness of symptoms of mental illness and offering some resources.

Topics at this seminar will include:

* What is needed to have good mental health?
* Spiritual and non-spiritual causes of mental health problems.
* What kind of treatments does the Bible offer?
* What kind of healing does God promise?
* What role can the church play in the treatment of mental health?
* As a Christian, how can I help my child, spouse, parent, friend, brother and sister in Christ, who suffers from a mental health problem?
* Is it God’s will to use Psychiatrists, Psychologists, and medications for mental health illness?
* What is the difference between being healed and being cured of mental illness?
* How to use some available resources.
* The effect of the covid 19 crisis on the mental health of our children.
* Question and answer session.

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.” — 2 Corinthians 1:3-4

SEMINAR SCHEDULE

Saturday, October 10/2020

8-9 Registration

9-9:45 1st session.

* What is needed to have good health?
* Prevalence of mental health problems.
* Non-spiritual causes of mental health problems.
* What is needed to have good mental health.
* What kind of healing does God promise?
* How does God use mental health problems in our lives to bring Him glory and benefit to us.

9:45-10:30. 2nd session

* How poor spiritual health can affect mental health.
* What kinds of treatment does the Bible offer: part 1.

10:30-10:45. Break

10:45- 11:30. 3rd session

* What kinds of treatments does the Bible offer: part 2.

11:30-12:30. 4th session

* How to begin caring for people suffering from mental health problems in your church.
* As a Christian, how can I help my child, spouse, parent, or friend who suffers from a mental health problem?
* The use of available resources.

12:30-1:15. Lunch break

1:15-2:15. 5th session

* What is the difference between being healed and cured from mental health problems?
* Can a person suffering from mental health problems serve effectively in the church?
* What does the Bible say about suicide among the mentally ill?
* Mental health problems and demonic involvement- is there a connection?
* Is it God’s will for Christians to use Psychiatrists, Psychologists, and medications in treating mental health problems?

2:15-3:00. 6th session. (Q and A)