

Resources For Those Who Support Someone Struggling With Their Mental Health

Let Go

- To let go does not mean to stop caring. It means I can't do it for someone else.
- To let go is not to cut myself off. It's the realization I can't control another.
- To let go is to allow someone to learn from natural consequences.
- To let go is to recognize when the outcome is not in my hands.
- To let go is not to care for, but to care about.
- To let go is not to fix, but to be supportive.
- To let go is not to judge, but to allow another to be a human being.
- To let go is not to expect miracles, but to take each day as it comes, and cherish myself in it.
- To let go is not to criticize and regulate anyone, but to try to become what I dream I can be.
- To let go is not to regret the past, but to grow and live for the future.
- To let go is to fear less and love more.

CROSS CREEK HOPE FOR MENTAL HEALTH

PRINCIPLES OF SUPPORT - with verses

The Principles of Support represent what we are striving for as we come to terms with mental illness. This is our belief system regarding universal, necessary truths which guide and strengthen us when life deals us this particular challenge.

1. We will see the individual first, not the illness.

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. (Psalm 139:13-14)

2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. (2 Corinthians 4:16)

3. We understand that mental illnesses are traumatic events.

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.)

4. We aim for better coping skills.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

5. We find strength in sharing experiences.

Bear one another's burdens, and thereby fulfill the law of Christ. (Galatians 6:2)

6. We reject stigma and do not tolerate discrimination.

'Love your neighbor as yourself.' (Mark 12:31)

7. We won't judge anyone's pain as less than our own.

Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. (1 Peter 3:8)

8. We forgive ourselves and reject guilt.

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

9. We embrace humor as healthy.

Then our mouths were filled with laughter and our tongues with joyful songs. Then the nations said, "The LORD has done spectacular things for them." The LORD has done spectacular things for us. We are overjoyed. (Psalm 126:2-3)

10. We accept that we cannot solve all problems.

Cast all your anxiety on him because he cares for you. (1 Peter 5:7)

11. We expect a better future in a realistic way.

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. (John 16:33)

12. We will never give up hope.

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a future and a hope. (Jeremiah 29:11)

*Note: Each of the 12 Principles of Support are from NAMI (National Alliance on Mental Illness). We have added the verses.

WEBSITES

National Alliance on Mental Illness nami.org

BOOKS

I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment
by Xavier Amado, Ph.D.

<https://a.co/d/ftoNTXM>

Seen: Despair and Anxiety in Kids and Teenagers and the Power of
Connection

by Will Hutcherson and Dr. Chinwe Williams

<https://a.co/d/5uqZnYZ>

Coping Skills That Work: Families Tell Their Stories

by Amy C. Baker and Amy Aylward

<https://a.co/d/1pGweSL>

Boundaries: When to Say Yes, How to Say No To Take Control of Your Life
by Henry Cloud and John Townsend

<https://a.co/d/c30HmgT>

The Body Keeps the Score: Brain, Mind, and Body in the Healing of
Trauma

by Bessel Van Der Kolk, M.D.

<https://a.co/d/6YK7sfp>

PODCASTS

Two Better Together TV episodes about supporting a spouse with
mental health issues and How to trust God for peace in life's storms

<https://youtu.be/YCeRQVJXajo?si=NoHNesrfPrE7E21a>

https://youtu.be/c5b42HT2IXk?si=Z4UQ_zAwMtXu155-

Why God Why (Browncroft Podcast)

Doesn't the church dismiss mental health?

with Kathy Elliott and Robyn Englert

<https://youtu.be/uzb5WjPiJO8?si=qk6lfyF86m9jH1WY>

Spotify link: <https://open.spotify.com/episode/>

[0gYG4qCLhGaDRYOLz9eued?si=ZFKextH0Rd24A76NEtALhA](https://open.spotify.com/episode/0gYG4qCLhGaDRYOLz9eued?si=ZFKextH0Rd24A76NEtALhA)