



Reach out
take a step

find hope

Care to change

Mental Health & Ministry: Recognizing
the Signs, Responding with care.
Jean Crane & Mac Zambrano

Counseling to help you move forward.

Goals for today:

- Basics of Empathy and Active Listening
- Yellow flags for anxiety and depression
- Knowing when to refer



Listening Skills

[Teddy Bridgewater](#)



Listening skills

To do/ To not do

TO DO:

- Restate the feelings that you are hearing
- Listen to Understand
- Be curious
- Warm eye contact, facial expression, body language and tone of voice

TO NOT DO:

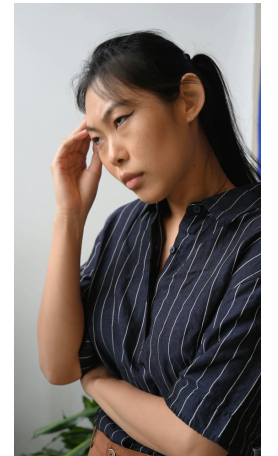
- Interrupt
- Try to immediately fix
- Spend a lot of time talking about a similar situation that you've been in
- Spiritually bypass



Yellow Flags for Anxiety

Signs and symptoms to watch for...

- Excessive worry or fear
- Physical symptoms- muscle tension, heart palpitations, fidgeting
- Difficulty concentrating
- Changes in appetite
- Sleep disturbances
- Racing thoughts
- Irritability and restlessness
- Social isolation
- Avoidance of situations that provoke anxiety



Jesus' words for those struggling with anxiety...



1 Peter 5:7 "Cast all your anxiety on Him because He cares for you."

Yellow Flags for Depression

Signs and symptoms to watch for...

- Persistent Sadness
- Loss of interest in previously enjoyed activities
- Difficulty concentrating
- Changes in appetite
- Sleep disturbances
- Exhaustion/ low energy
- Irritability and restlessness (anger)
- Social isolation
- Thoughts of death or suicide



Jesus' words for those struggling with depression...



What can you do to help?

A list of suggestions you can utilize...

- Deep breathing
- **Progressive muscle relaxation
- Coloring/ drawing out feelings
- Listening to music
- Imagining a safe place
- Getting up and moving around
- Getting a drink of water and some food
- 5-4-3-2-1 grounding
- Stretching/ pushing up against a wall



Progressive Muscle Relaxation



Take a few slow breaths



Focus on one muscle group



Tense the muscles



Slowly release the tension

This works because intentionally tensing and releasing muscles helps the body recognize and release stored tension, allowing the nervous system to settle into a calmer state. ❤️



When to seek Professional Help

How to know when to refer...



- If symptoms persist for more than 2 weeks with more bad days than good days.
- If symptoms are impairing their functioning (school, work, social situations, sleep)
- If a person expresses thoughts of suicide or words similar to “people would be better off without me”
- If you see concerning signs like giving away prized possessions



When to seek Professional Help

How to know when to refer...

- Low severity + short duration

That's where you walk with them, listen, pray, stay present

- Increasing severity or duration

That's where you stay engaged but start asking: 'Do we need to bring in more support?'

- High severity

That's where we refer and we stay with them in the process



Resources

- Emotionally Healthy Church by Pete Scazzero
- Get Out of Your Head by Jennie Allen
- Try Softer by Aundi Kolber
- Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado
- Care to Change Podcast
- Care to Change website



SEND US YOUR QUESTIONS!



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Call to Action

Let's connect!

- Give us your feedback
- Listen to our podcast
- Host a community forum or a lunch & learn for your staff/ small group leaders
- Sponsor families in need
- Email us at help@caretochange.org



Call to Action

Let's connect!

- Invite others to intensives
- Host intensives, group, roundtables
- Invite us to speak at church events, small groups, youth groups



feedback

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