



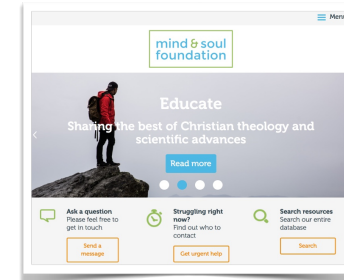
The Mind and Soul Foundation

mindandsoulfoundation.org @mindandsouluk

To **Educate**: Sharing the best of Christian theology and scientific advances

To **Equip**: Helping people meet with God and recover from emotional distress

To **Encourage**: Engaging with the local church and mental health services



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The Mental Health Access Pack

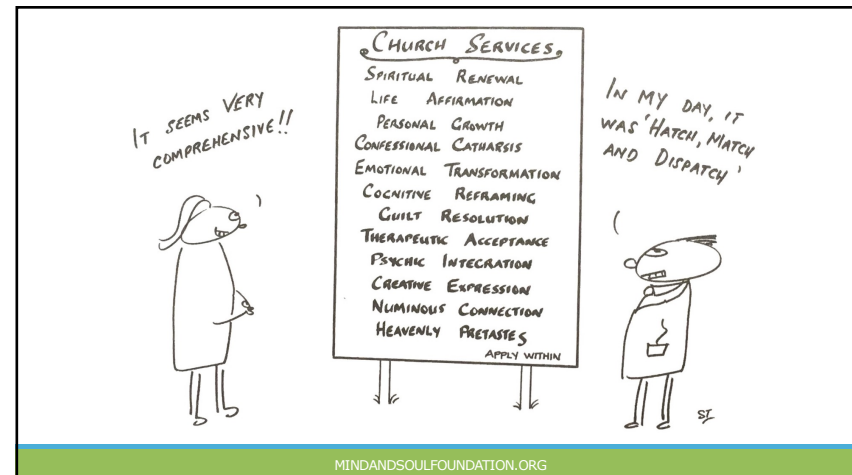
A bite-sized resource for your church...

Includes:

- ANXIETY
- DEPRESSION
- BURN OUT
- REDUCING ISOLATION
- SUPPORTING FAMILIES AND CARERS

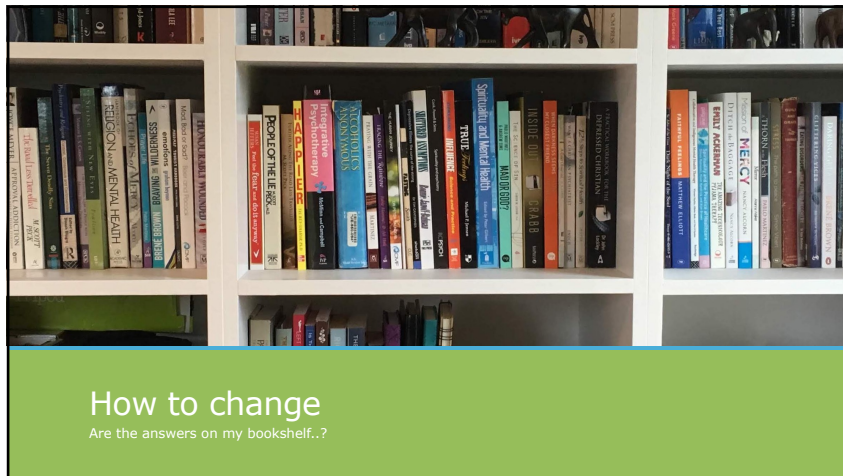


www.mentalhealthaccesspack.org



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Small Groups – 3 mins

What do you want to change?

Does this affect HOW the change will occur?

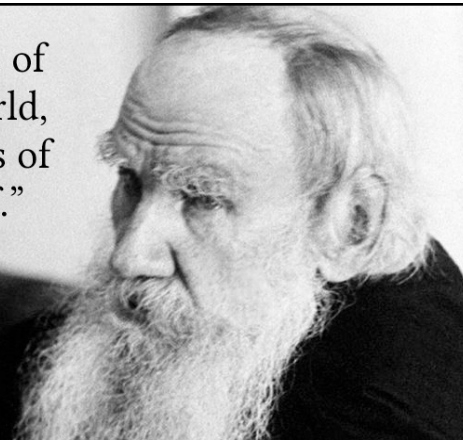
What starting principles are there?



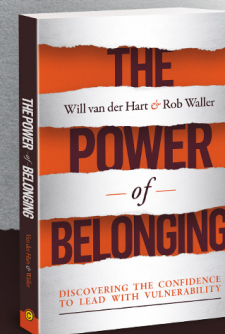
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“Everyone thinks of
changing the world,
but no one thinks of
changing himself.”

~ Leo Tolstoy



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Choosing to live and lead with
relationship as a priority is
counter-instinctual, and yet it is
the step to harness the power of
belonging in your life.

THE POWER OF BELONGING
Will van der Hart & Rob Waller

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What is your destination?



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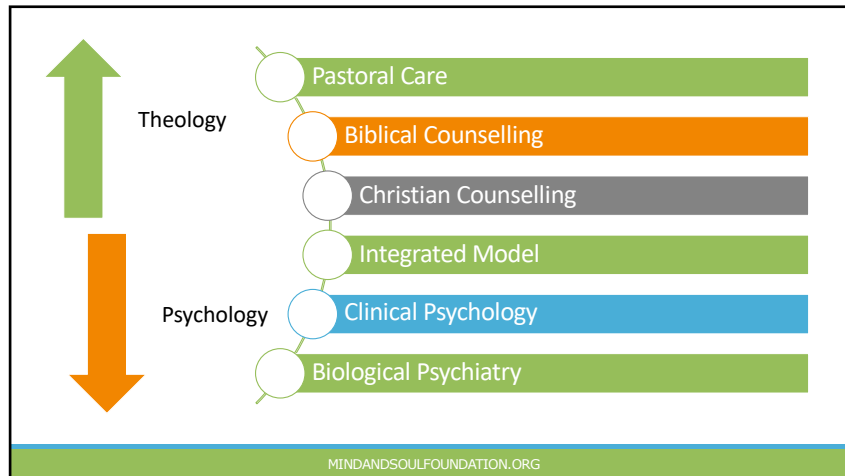
It's a bit more complicated...

All you need is love / Jesus / the ne diet fad



If all you have is a hammer...

Everything looks like a nail...



Keys to Freedom

Mercy
UNITED KINGDOM

- Generations / Families
- Thoughts / Beliefs
- Behaviours / Forgiveness
- Hurts / Emotions
- Faith / Authority
- Clinical support allowed

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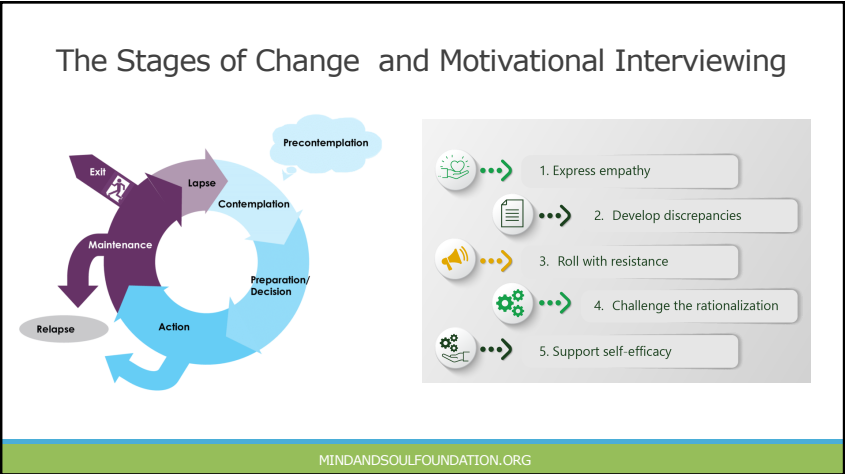
Small Groups – 3 mins

Which model have you used?
Did it work?

If you met a person who wanted to change, how would you help them?

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Summary

HOPE

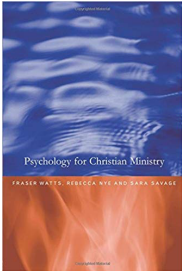
HELP
SKILL


POWER

FREEDOM

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More Resources





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I Can Change
The Mind and Soul Foundation
Dr Rob Waller - @docrobwaller

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