

**Mental Distress:
Is it because of a lack of faith?**

Psalm 102:1-12

Survey finds 2 in 5 S'poreans have mental health struggles; initiative launched to drive action



This statistic increases to one in two in young people aged 15 to 35. PHOTO ILLUSTRATION: ST FILE



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SINGAPORE - Two in five people have personally experienced mental health struggles, and this statistic increases to one in two in young people aged 15 to 35.

These figures from a mental health survey conducted last month were unveiled on Saturday (April 30) at the launch of #BetterTogether, an initiative by the People's Action Party (PAP) to raise awareness and drive collective action for mental health in Singapore.

The survey of 607 Singaporeans conducted by PAP's youth wing, Young PAP, also showed that more than 70 per cent of the participants felt there is a lack of awareness of the issues associated with mental health. And more than 70 per cent of them do not feel equipped to help or support someone else who is struggling with mental health problems.

I feel so alone at church. I invite people over for meals and try to make friends. But when they find out that I am bipolar, they either preach to me about sin and healing or ignore me... I long for true friendships and community. I don't need a sermon. I need a friend who will see me as a person. I need a hug ... and perhaps someone who will try new recipes with me. – *quoted by Christianity Today*

But you wouldn't tell someone with cancer, diabetes or heart problem to just pray about it or give it to God, would you? You'd hopefully say: 'You need to see a doctor.' But when it comes to mental health in the African-American community, there is very little compassion or empathy." – Fonda Bryant

For my days vanish like smoke;
my bones burn like glowing
embers. – Psalm 102:3

My heart is blighted and
withered like grass; I forget to
eat my food.- Psalm 102:4

In my distress I groan aloud and
am reduced to skin and bones.

– Psalm 102:5

I am like a desert owl, like an owl
among the ruins. I lie awake; I
have become like a bird alone on
a roof. – Psalm 102:6-7

...I eat ashes as my food and
mingle my drink with tears
– Psalm 102:9

My days are like the evening
shadow; I wither away like grass.
– Psalm 102:11

Hear my prayer, LORD; let my cry for help come to you. Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly. – Psalm 102:1-2

But you, LORD, sit enthroned
forever; your renown endures
through all generations.

– Psalm 102:12



“...Lord, take away my life...”
– 1 Kings 19:4.

We do not want you to be uninformed... We were under great pressure, far beyond our ability to endure, so that we **despaired of life itself**. Indeed, we felt we had received the sentence of death...

– 2 Cor 1:8-9



Martin
Luther



Florence
Nightingale



Charles
Spurgeon

Perhaps you are not well, or you have had an illness that has tolled much upon your nervous system, and you are depressed; and therefore it is that you think that grace is leaving you, but it will not. Your spiritual life does not depend upon nature, else it might expire; it depends upon grace, and grace will never cease to shine till it lights you into glory. - Spurgeon

I am sure that I have run more swiftly with a lame leg than I ever did with a sound one. I am certain that I have seen more in the dark than ever I saw in the light, – more stars, most certainly, – more things in heaven if fewer things on earth. – Charles Spurgeon

**Don't be too quick
to pass judgment.**

**Don't think they have
nothing to contribute to the Faith**

**Don't define a person
by the medical diagnosis**

Many of my patients feel as if they have no name, only a diagnosis. However, a mental illness is an adjective, not a noun. These people have names before God, and those names are not Depressed, Bipolar, or Attention Deficit.

– Michael Lyles, Christianity Today

SJSM – Caring for Each Other (Mental Health)

