

# Introduction

Dr Rob Waller



Premier.

mind&soul

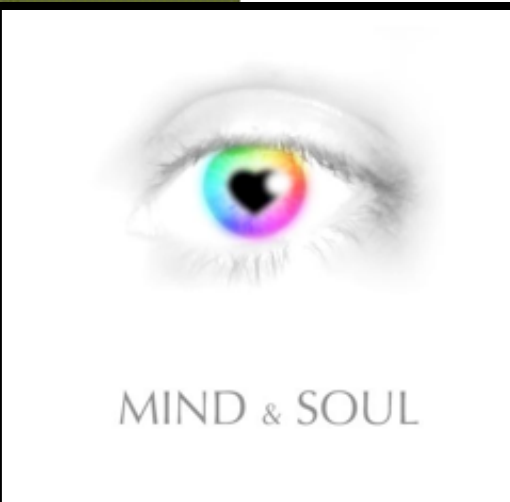
exploring christianity and mental health



# MIND and SOUL

exploring christian spirituality and mental health

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MIND & SOUL



**Premier.**

Leaders in Christian Communications



mind & soul





FOR SCOTLAND MENTAL HEALTH

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Mind: For better mental health

**Mental Health**

Most of us will know at least one person affected by mental illness. It's important to understand it and also to understand how we can keep a healthy mind.

**Mental illness**

Mental illness affects all of us in some way. It's in every family. Every school. It's the girl who sits up crying every night but doesn't know why. It's the boy who cuts his arms cos it's the only time he forgets his parents' fights. It's the teacher who drinks too much. It's the babysitter with her fingers down her throat in the bathroom.

One in four people will experience some kind of mental health problem over the course of a year - including celebrities, sports stars and political figures. Noone is exempt.

Mental illness describes a million different ways in which we can stop thinking straight, sometimes for long enough and badly enough that we can't function in our day-to-day lives.

#Time toTalk



“When we got together we didn't talk about the illness, we did normal regular things”

It's #TimetoTalk about mental health. [time-to-change.org.uk](http://time-to-change.org.uk)

# Only this week..!





LLTTFWG  
Living Life to the Full - With God

**Dementia**  
*friendly church*

Two thirds of people with dementia feel anxious or depressed. How could your church help them feel safe, respected and loved?

livability  
LIVING WITH DIGNITY

**MHS**







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