

# Mental Health awareness

When it comes to mental health. It's a important subject to me. Because I myself has suffered mental health issue such as anxiety, depression, nightmares, fearful, low self esteem, withdrawal, suicide, distrust, self rejection, paranoia, bulimarexia. It seems like no matter how much counselor I got it didn't work. Things got worst. I didn't feel love nobody protected me when I was being molested, people always talk about my weight in the family I begin to think I was fat when I wasn't. If somebody really did love me. I felt they didn't would reject them because I thought they had some other agenda in my mind. I hated myself because I felt everyone I met was out to get me. Always felt unworthy and nobody loved me. Suffering mentally is a struggle when it's seem like you are drowning with no way out. But there is a way out. you have to reprogram your mind. I use feel nasty dirty because I been rape and molested by three different people. I had to rebuild myself esteem up and tell myself it was not your fault. Stop feel feeling shame and guilt about what has happen to you. Mom abandon me when I was born. I felted rejected and unwanted and unworthy by people even the ones who loved me. I felt distrust that they was going to leave ~~me~~ and ~~at~~ abandon me. I know it's hard to overcome the struggles but you can. If I did it you can to. you don't let the struggle dictate you and your life. you dictate it. Not only did I struggle

With mental but my Aunt was Schizophrenia and my sister  
dealt with ADD. They was on medication for their  
mental health. My sister manage to overcome as well no longer  
taking the medicines. For me overcoming wasn't easy. I had to  
take baby steps. Even in the baby step it was painful. It  
is not easy reprogramming your thinking. So I had Christian  
Counselor surround me teach me how to reprogram my  
thinking. One of the first books that help me was Battle  
field of the mind by Joyce Meyers. I learned much why  
thoughts battle in our mind. If we put negative thoughts  
in our mind about ourself or let somebody else negative  
that has been said about you become a seed in our mind.  
It causes destructive thinking. What we put into the mind  
determines what comes out Proverbs 15:14 What we feed  
our minds is just as important as what we feed our  
bodies. The kinds of books we read, the people we talk  
with, the music we listen to and the films we watch are  
all part of our mental diet. For instances if you struggling  
with sexual addiction with children or adults why would  
create or watch pornography. Instead of seeking out pornography  
they need to admit they have addiction and get help. Learning  
to reprogram their mind from that. Be discerning because  
what you feed your mind influences your total health  
and well-being. Thus a strong desire to discover knowledge  
is a mark of wisdom. Also what we put into our minds  
determines what comes out in our words and actions. Paul  
tells us to program our minds with thoughts that are true

noble, right, ~~pure~~ pure, lovely, admirable, excellent and  
praiseworthy. Do you have problems with impure thoughts  
and daydreams? Examine what you are putting into your  
mind through television, Internet, books, conversations, movies  
and magazines. Replace harmful input with wholesome  
material. Above all read God's word and pray. Ask God to  
help you focus your mind on what is good and pure. It  
takes practice but it can be done. How to renew your  
mind. For example Christians are called to not conform  
any longer to the pattern of this world" with its behavior  
and customs that are usually selfish and often corrupting.  
Many Christians wisely decide that much worldly behavior  
is off limits for them. Our refusal to conform to the world's  
values, however, must go even deeper than the level of behavior  
and customs - it must be firmly planted in our minds - be  
transformed by the renewing of your mind. ~~It is impossible~~  
It is possible to avoid most worldly customs and still be  
proud, covetous, selfish, stubborn and arrogant. Only when the  
Holy Spirit renews, reeducates and redirects our minds are  
we truly transformed. Healthy self esteem is important  
because some of us think too little of ourselves; on the  
other hand, some of us overestimate ourselves. The key to an  
honest and accurate evaluation is knowing the basis of  
our self worth - our identity in Christ. Apart from him, we  
aren't capable of very much by eternal standards in him  
We are valuable and capable of worthy service. Evaluating  
yourself by the worldly standards of success and  
achievement can cause you to think too much about your  
worth in the eyes of others and thus miss your true value

in God eyes. How can you have the mind of Christ. No one can comprehend God (Romans 11:34) but through the guidance of the Holy Spirit, believers have insight into some of God's plans, thoughts and actions - they in fact have the mind of Christ. Through the Holy Spirit we can begin to know God's thoughts, talk with him and expect his answers to our prayers. Are you spending enough time to Christ to have his very mind in you? An intimate relationship with Christ comes only from spending time consistently in his presence and in his word. Philippians 2:5 for men on the mind of Christ. I've learn that alot of the mental health patients has been affiliated with church.

This last one I saved for ~~the~~ the final Point. As we are pushing for more police reform with the police, Mental Health was one of them. How they with mental. ~~and~~ suspect that they a counselor present. Would that do any good for a suspect who is dealing with madness, schizophrenia, paranoia or hallucinations. Absolutely not because they ~~are~~ in a thinking pattern that is hard to bring them out of. So how do you handle this. The little small town I live in had a problem with mental patients fighting the sheriff and trying to take their gun. The Sheriff would transport these patients to the mental hospital. Well that stop when a sheriff was gun down by mental health patients. So they came up with new policy ambulance is called out by the Sheriff. Someone on that ambulance is certified to give a haloperidol shot and they put them in a straight ~~talk~~ Jacket. Immediately transported to mental hospital where they contact your family. To let them know what is going on. If they was present.

The suspect or the person who was having the psychotic moment is not killed by the police. We got to get back to professionalism of how these police can handle situation. For realize some mental health patient has to have <sup>mental health</sup> ~~the~~ drugs to help them.

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