

your
Rx

*Hope
Prevails*

What TO SAY to Someone with Depression, Anxiety, or other Mental Illness

- 1. I love you.** You may have said this 1000 times before, but there is no better time to this than when they are struggling.
- 2. I'm here for you.** These words brings comfort to those who feel alone in their pain.
- 3. You are important to me.** It's vital they know they are still acceptable, accepted, and loved.
- 4. I'm sorry you're going through such a painful time.**
Expressing sorrow for their pain communicates you really do care even if you don't understand.
- 5. Is there something I can do for you?** This communicates your willingness to help. Just the offer lends comfort and encouragement.
- 6. Depression doesn't mean you're losing your mind.** When you suffer, you may be more susceptible to believing something is "wrong with you" or you're the only one who suffers.
- 7. You may not believe this now, but you won't always feel this way.** Depressed individuals need reminding that there is hope.
- 8. What do you think might help you feel better?** Asking the depressed individual helps them think about those things that help them feel better rather than focusing on the negative.
- 9. Who do you have as a support system?** Helps the depressed individual think about who they can lean on through this difficult time.
- 10. Is there anything that might be making your depression worse?** Helps them think about those thoughts, attitudes, or behaviors that perpetuate depression.
- 11. Is there a time when your depression is worse?** Will clue you in to when they are most likely to need your support more.
- 12. We will get through this together.** Communicates your acceptance and love.
- 13. Nothing.** Actions speak louder than words.

DrMichelleBengtson.com

#HopePrevails

your
R_x

*Hope
Prevails*

**What NOT TO SAY to Someone
with Depression, Anxiety, or
other Mental Illness**

- 1. It's all in your head.**
- 2. Snap out of it.**
- 3. This too shall pass.**
- 4. What doesn't kill you will make you stronger.**
- 5. I know how you feel** (unless you really do know how they feel, and they know it.)

These comments reflect a lack of understanding, empathy, and acceptance. More importantly, they do not build one another up. They can leave a person with mental illness feeling worthless, invalidated, and minimized. Such comments communicate that their pain isn't serious or isn't important, or that you believe they choose to suffer.

People who suffer from depression, anxiety, or other mental illnesses often struggle with self-esteem, guilt, and shame.

Choose to speak life.

your
R

*Hope
Prevails*

9 Truths from God's Word that Combat Negativity

- 1.** When you are tempted to think, "I can't figure it out," think instead, "God will direct my steps." Proverbs 3:5-6
- 2.** When you are tempted to think, "It's impossible," think instead, "All things are possible." Luke 18:27
- 3.** When you find yourself thinking, "I'm not smart enough," remember that God says He will give you wisdom. 1 Corinthians 1:30
- 4.** When times are difficult and you feel like you can't go on, remember that God promises that His grace is sufficient for you. 2 Corinthians 12:9
- 5.** When you don't think you can manage a situation, remember that God has promised He will supply all your needs. Philippians 4:19
- 6.** When you are afraid, remember that God has not given you a spirit of fear, but of power, love, and a sound mind. 2 Timothy 1:7
- 7.** When you feel alone, remind yourself of the truth that says He will never leave you. Hebrews 13:5
- 8.** When you have made a mistake and find it difficult to forgive yourself, remember that God has already forgiven you. Romans 8:1
- 9.** When you feel unloved, remember the truth that God loves you. John 3:16

your
Rx

*Hope
Prevails*

**10 Things to Pray When You
Aren't Sure What to Pray**

1. Praise God for who He is.
2. Thank God for what He has done for you and ways He provided for you in the past.
3. Pray that God will help you hear His voice clearly.
4. Ask Him to prompt you regarding what you should pray.
5. Pray that God will reveal unconfessed sin and areas of unforgiveness that may stand in the way of you fully loving others.
6. Pray for wisdom and discernment of His will.
7. Pray that He will help you quickly and readily obey His leading.
8. Pray that God will infuse you with courage to let your light shine so that you can be a positive impact for the kingdom in your area of influence.
9. Pray that God will continue to grow and mature you in the wisdom and knowledge of Him.
10. Pray for unity within God's church, protection for His leaders, and effectiveness of the church's outreach to the nations.

your
Rx

Hope
Prevails



Is it God's Voice or the Enemy's *7 Basic principles that help you discern the difference.*

- 1. God's voice will convict but in love, whereas the enemy's voice will bring guilt and condemnation.**
- 2. God's voice will encourage and reassure, whereas the enemy's voice will discourage and frighten.**
- 3. God's voice will lead, guide, and still. The enemy's voice will push and rush.**
- 4. God's voice will calm us. The enemy will make us obsess and worry.**
- 5. God's voice will bring comfort. The enemy's voice will bring chaos and compromise.**
- 6. God's voice will bring clarity and confirmation. The enemy's voice will bring confusion.**
- 7. God's voice will bring Christ closer. The enemy's voice brings controlling spirits.**

your
Rx

*Hope
Prevails*

**10 Scriptures for
When You Need Strength**

1. “He gives strength to the weary and increases the power of the weak.” Isaiah 40:29
2. “When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord your God, the Holy One of Israel, your Savior.” Isaiah 43:2-3
3. “Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and now grow weary, they will walk and not be faint.” Isaiah 40:31
4. “fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” Isaiah 41:10
5. “The Lord is my strength and my song, and He has become my salvation; this is my God, and I will praise Him, my father’s God, and I will exalt Him.” Exodus 15:2
6. “I can do all things through Him who strengthens me.” Philippians 4:13
7. “The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? Psalm 27:1
8. “The Lord is my strength and shield. I trust Him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.” Psalm 28:7
9. “I have said these things to you, that in Me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” John 16:33
10. “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing us for an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the unseen. For the things that are seen are transient, but the things that are unseen are eternal.” 2 Corinthians 4:16-18

your

Rx

Hope
Prevails

What God Says About You
20 Scriptures That Define Your Worth

- 1. You are beautiful.** (Psalm 45:11)
- 2. You are lovely.** (Daniel 12:3)
- 3. You are loved.** (Jeremiah 31:3)
- 4. You are chosen.** (John 15:16)
- 5. You are special.** (Ephesians 2:10)
- 6. You are created in His image.** (Genesis 1:27)
- 7. You are cared for.** (Ephesians 3:17-19)
- 8. You are strong.** (Psalm 68:35)
- 9. You are precious.** (1 Corinthians 6:20)
- 10. You are protected.** (Psalm 121:3)
- 11. You are unique.** (Psalm 139:13)
- 12. You are important.** (1 Peter 2:9)
- 13. You are forgiven.** (Psalm 103:12)
- 14. You were created for a purpose.** (Jeremiah 29:11)
- 15. You are empowered.** (Philippians 4:13)
- 16. You are a new creation.** (2 Corinthians 5:17)
- 17. You are accepted.** (Ephesians 1:6)
- 18. You are the apple of His eye.** (Zechariah 2:8)
- 19. You are family.** (Ephesians 2:19)
- 20. You are His.** (Isaiah 43:1)

your
R

*Hope
Prevails*

**10 Bible Verses to Maintain Hope
When Down or Suffering
Depression or Anxiety**

1. The Lord hears His people when they call to Him for help. He rescues them from all their troubles. Psalm 34:17
2. Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will hold you up with my victorious right hand. Isaiah 41:10
3. For His anger lasts only a moment, but His favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. Psalm 30:5
4. The Lord is a shelter for the oppressed, a refuge in times of trouble. Psalm 9:9
5. "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." Jeremiah 29:11
6. Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28
7. And my God will meet all your needs according to the riches of His glory in Christ Jesus. Phil 4:19
8. No, in all these things we are more than conquerors through Him who loved us. Romans 8:37
9. I cling to you; your strong right hand holds me securely. Psalm 63:8
10. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:31