

a survey on

MENTAL HEALTH : faith church & the Bible

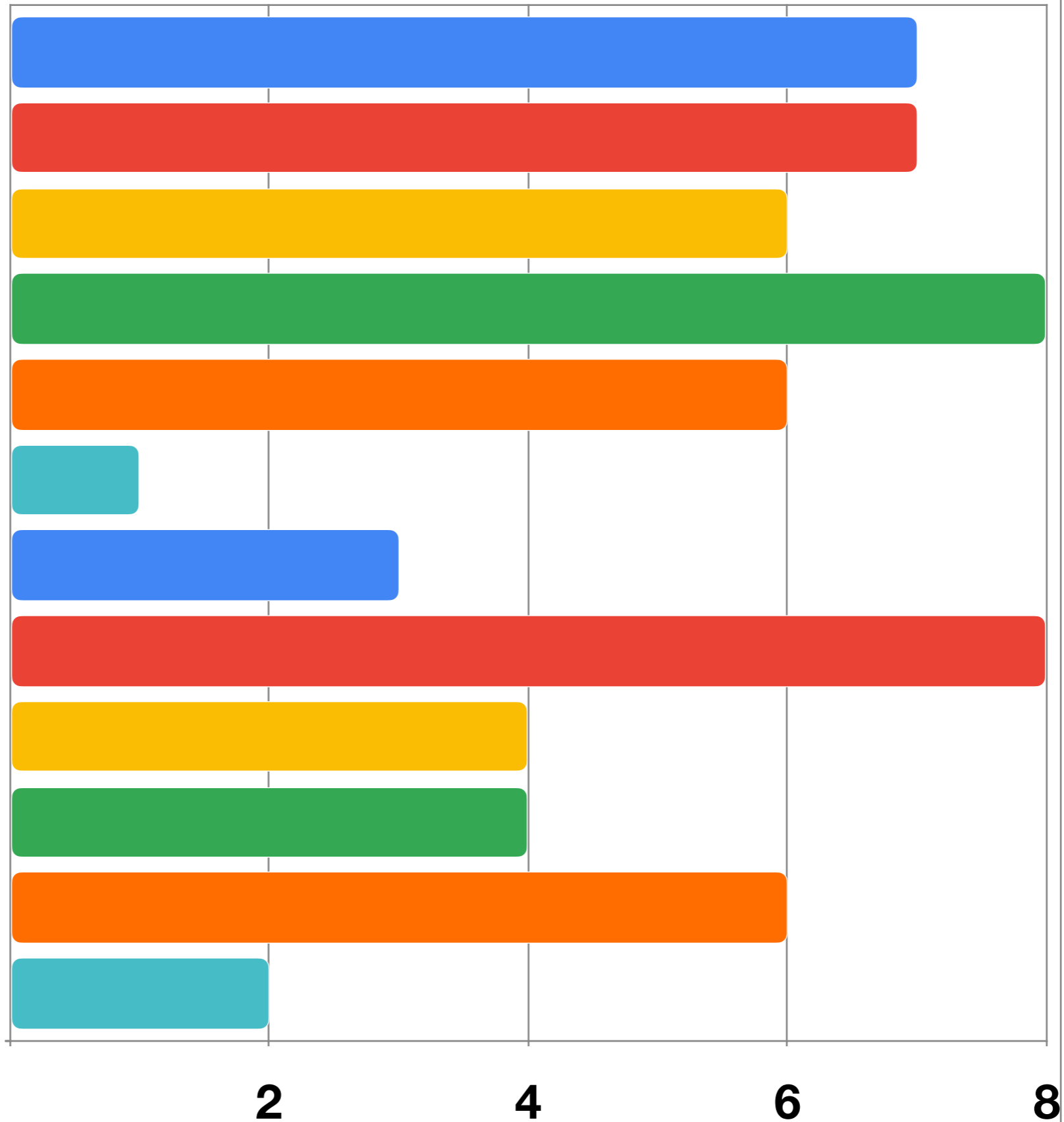
from young people & young adults aged 14 - 25.



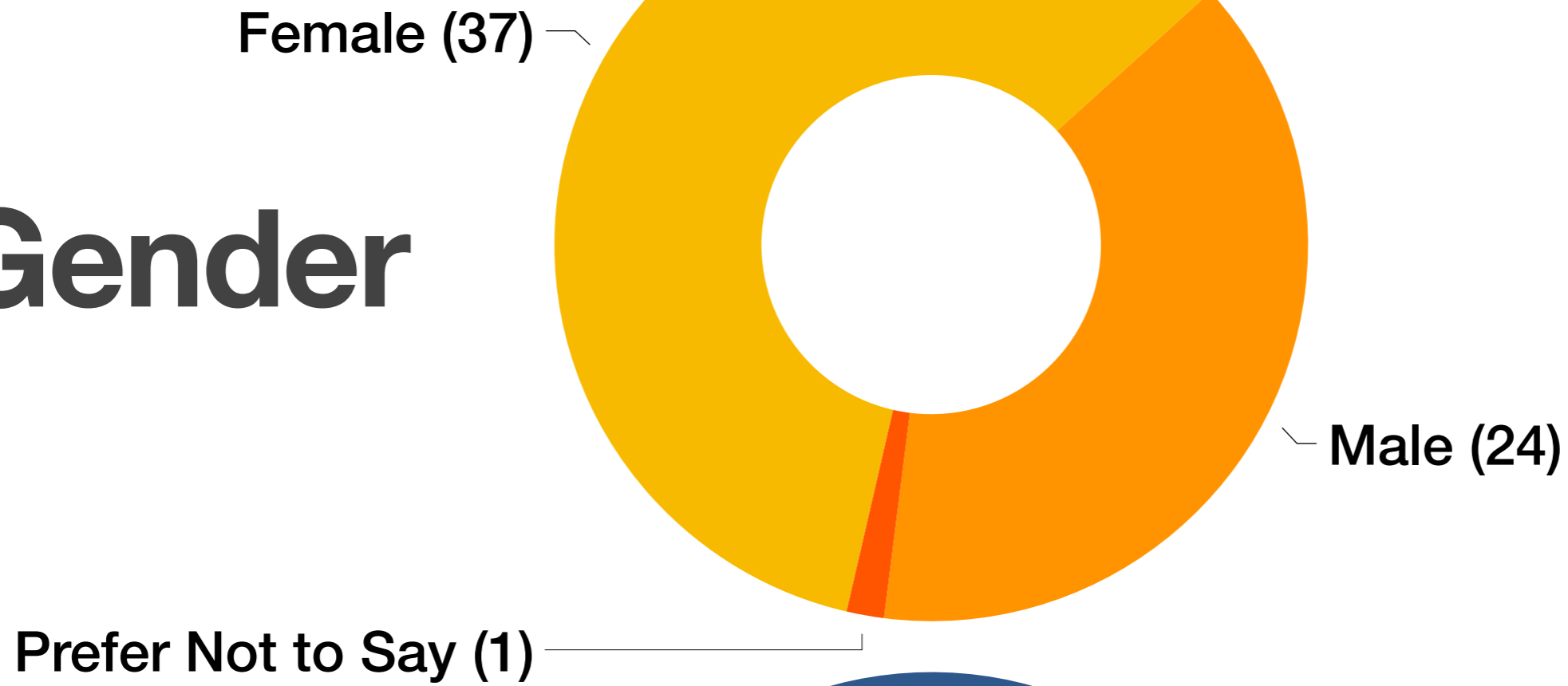
A collaboration by Susie Keegan & Tom Tate

Age

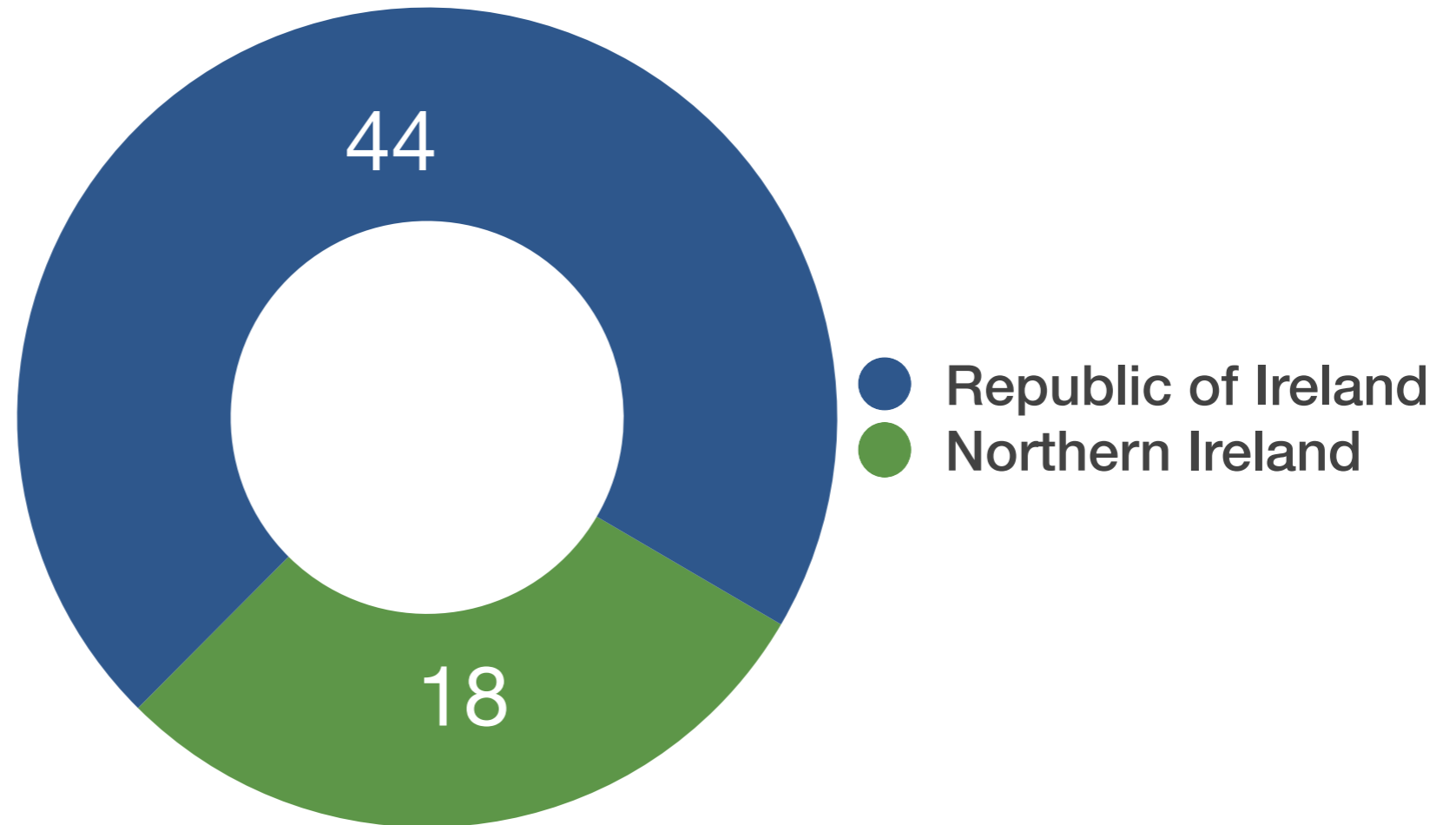
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25



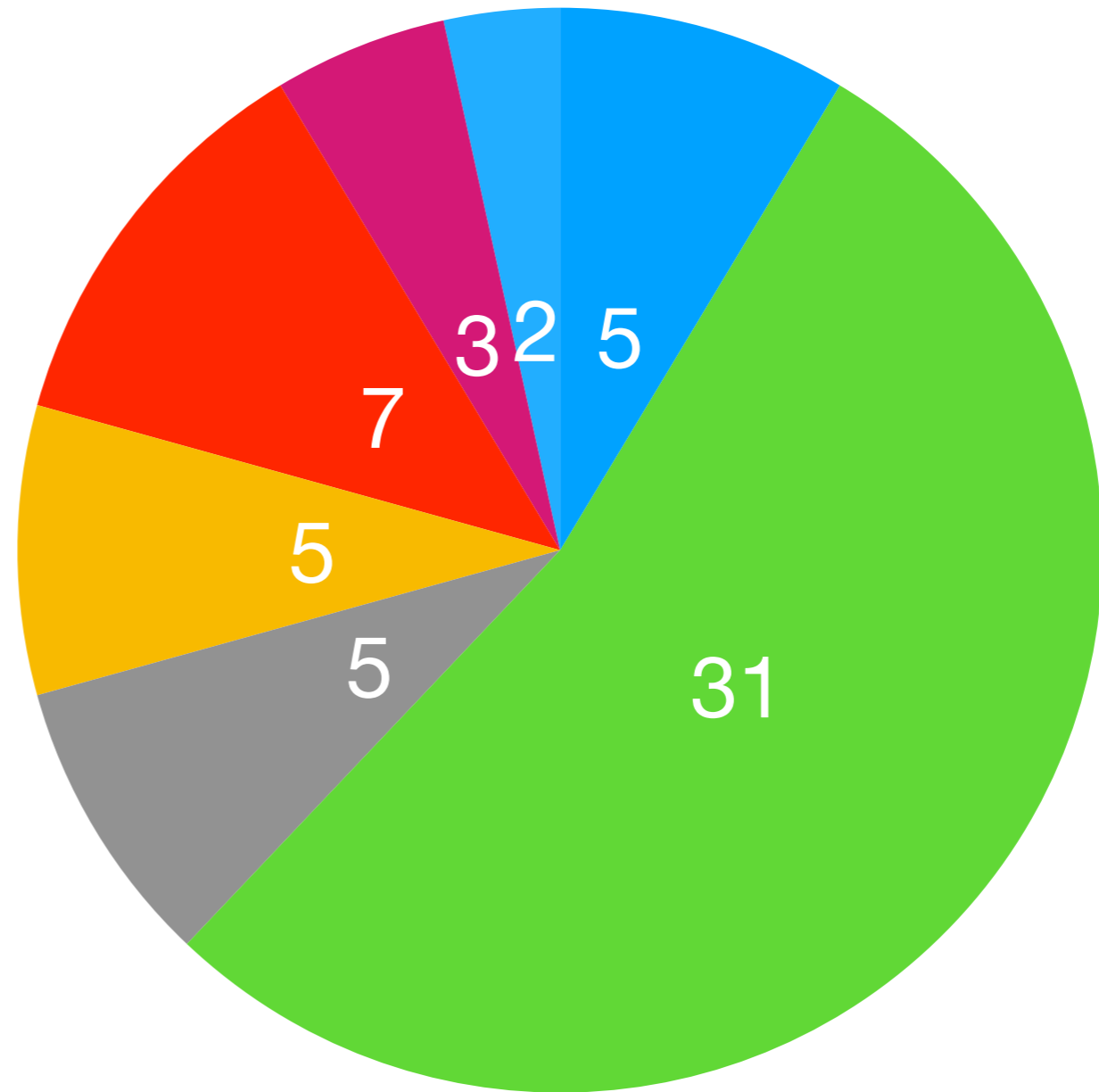
Gender



Location



What faith community are you part of?



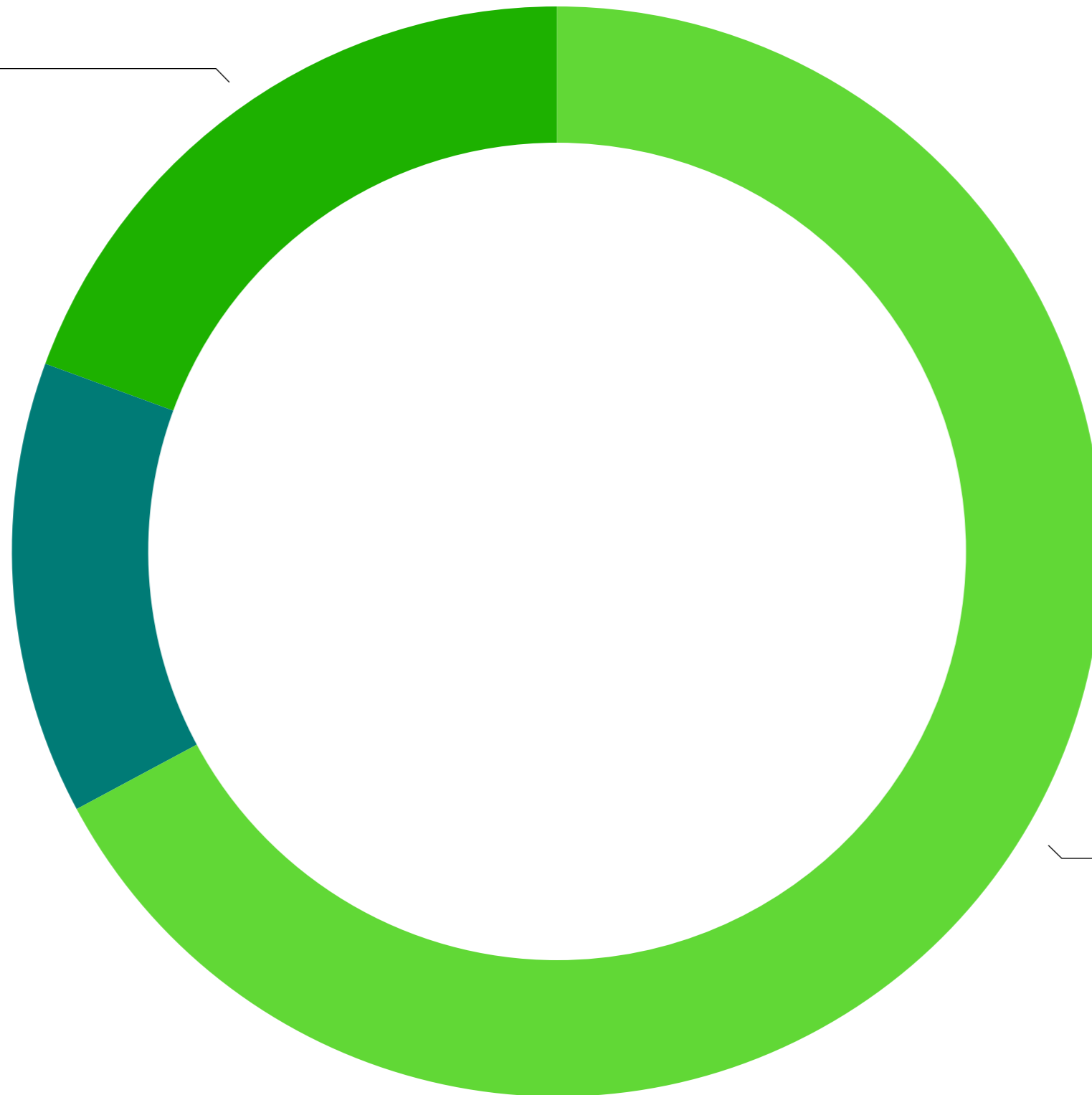
- Evangelical
- Protestant/CofI/Anglican
- Methodist
- Catholic
- Baptist
- Presbyterian
- Non-Denominational

**Have you ever struggled with or
do you struggle with your
mental health?**

Maybe
19%

No
14%

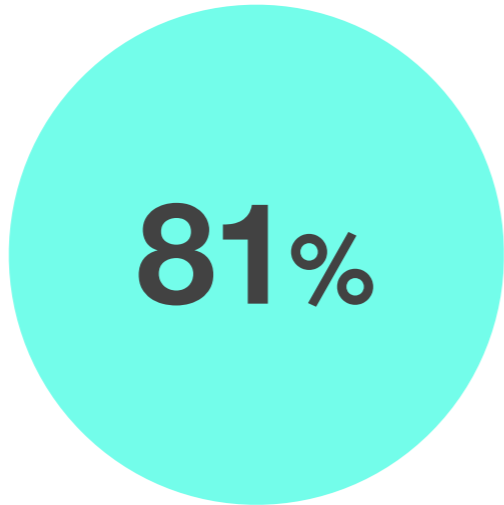
Yes
67%



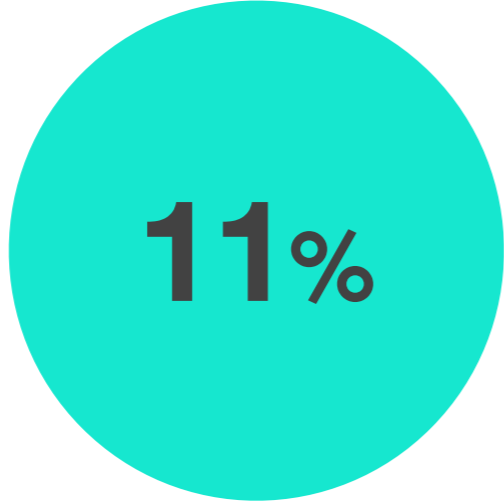
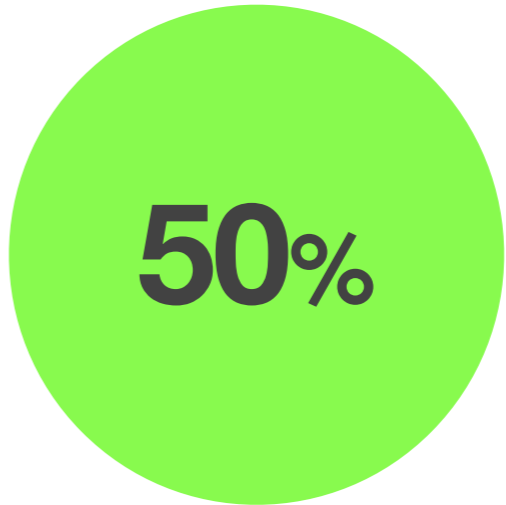
Have you ever struggled with or do you struggle with your mental health?

From the 37 Females surveyed

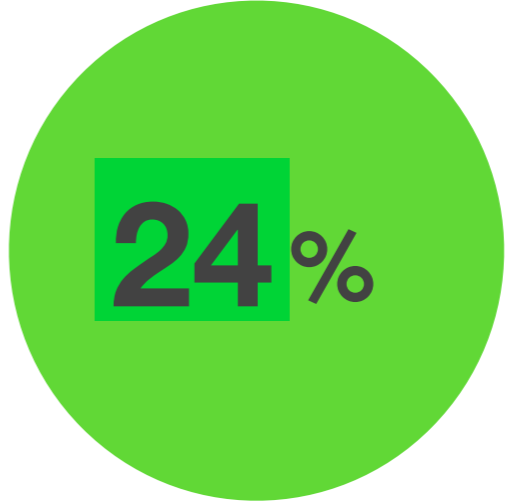
From the 24 Males surveyed



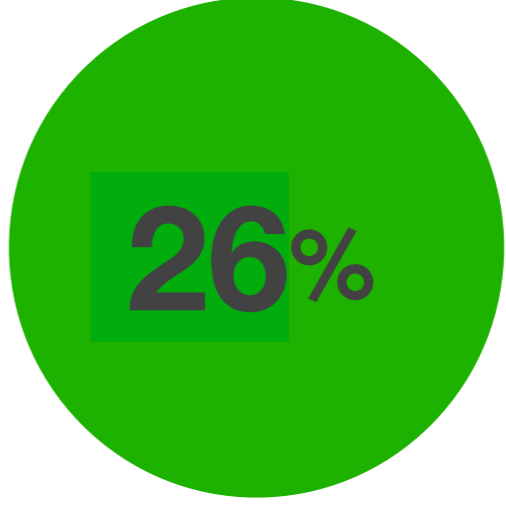
Yes



No

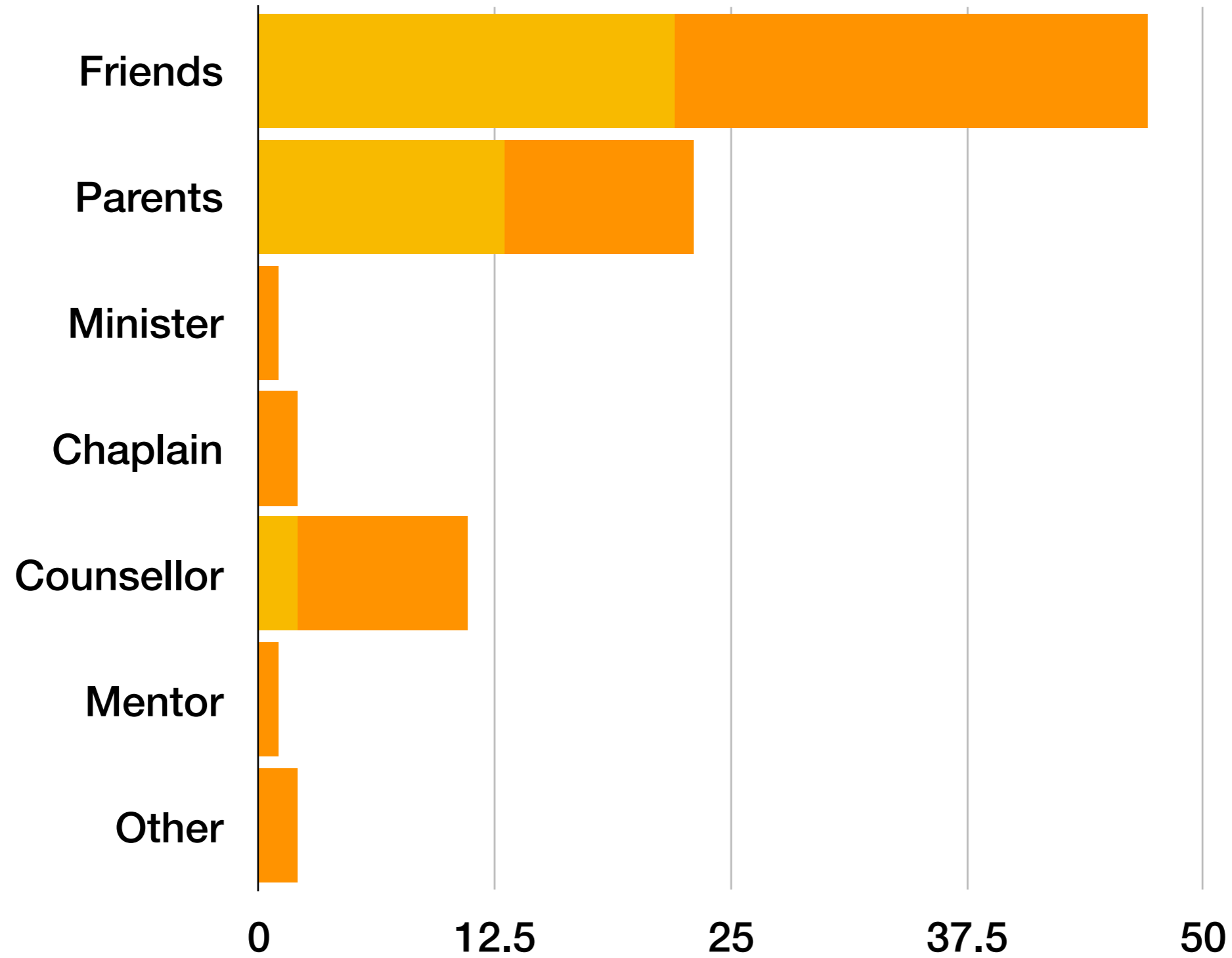


Maybe



81%	Yes	50%
11%	No	24%
8%	Maybe	26%

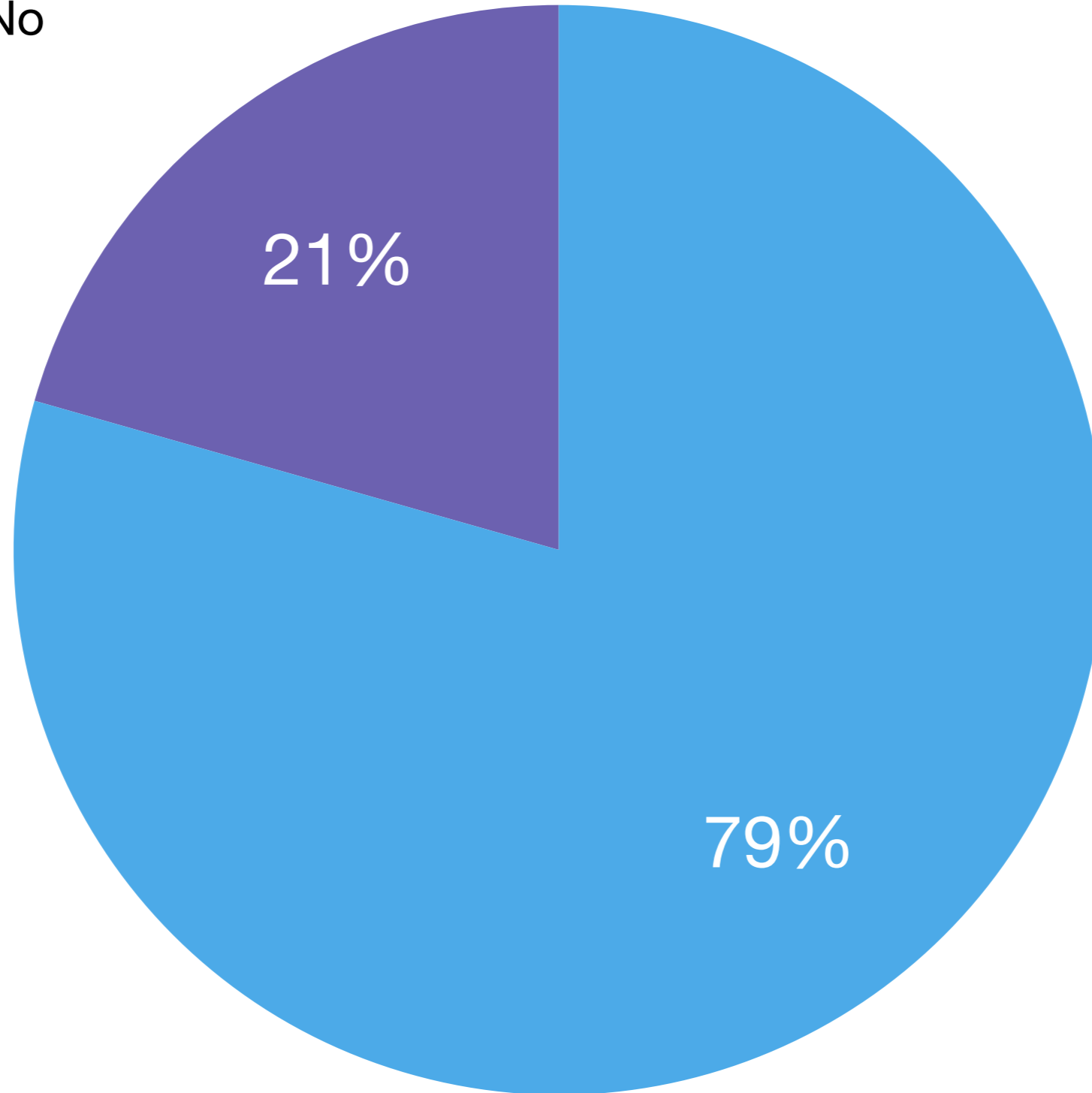
**Who do you go to first
when you are struggling
with your mental
health?**



Who do you go to first when you are struggling with your mental health?

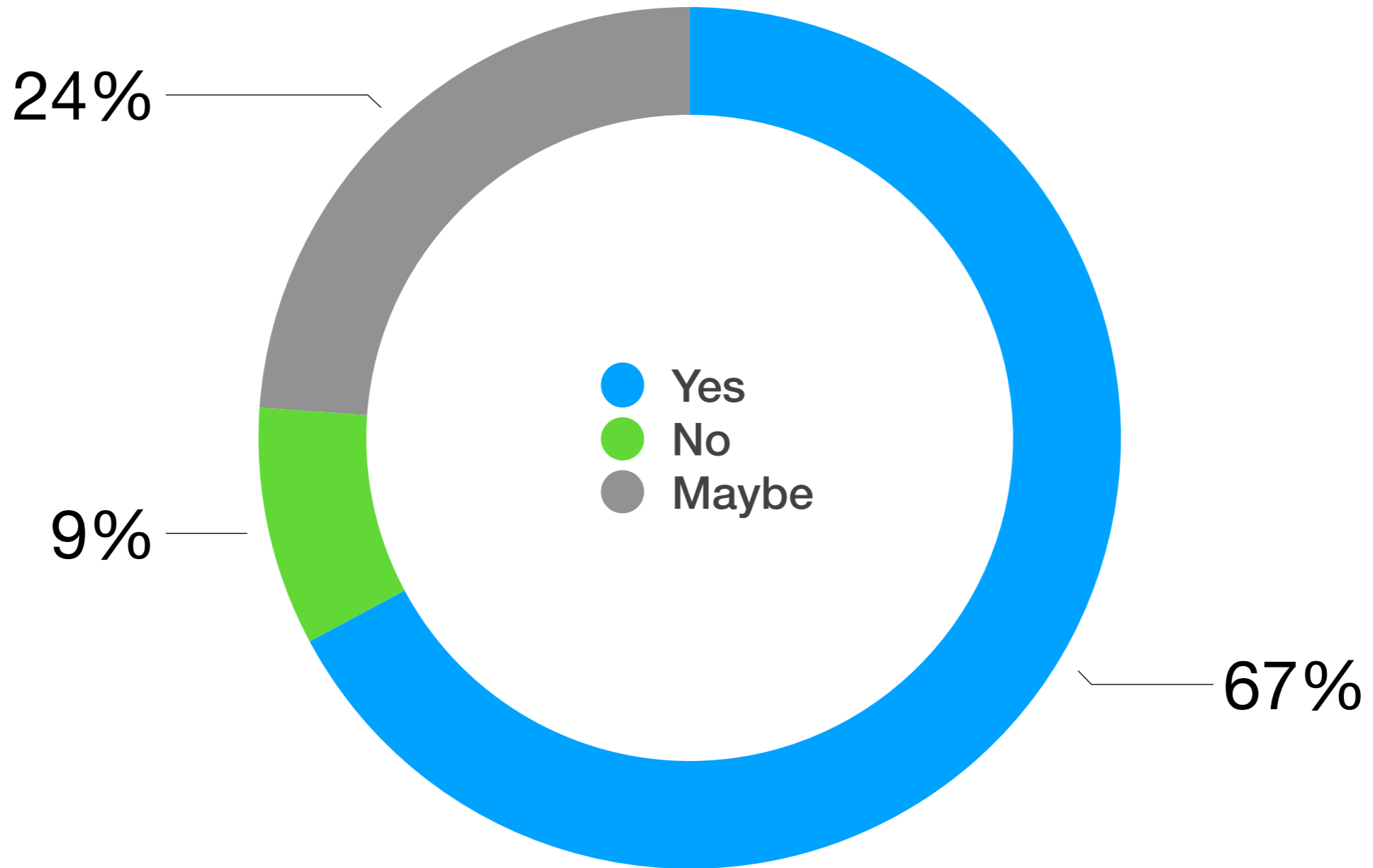
**Do you think your
faith has an impact on
your mental health?**

● Yes ● No

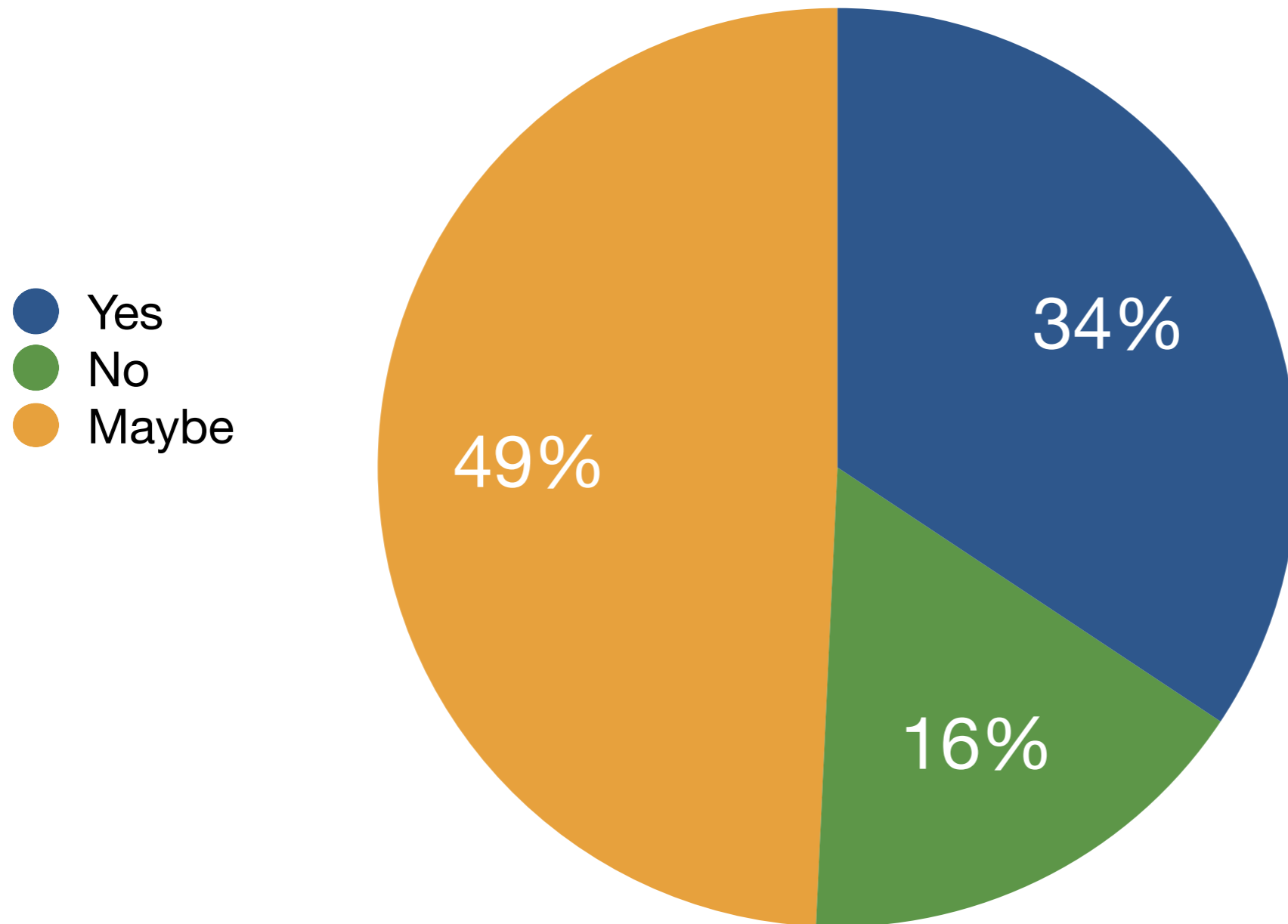


Do you think your faith has an impact on your mental health?

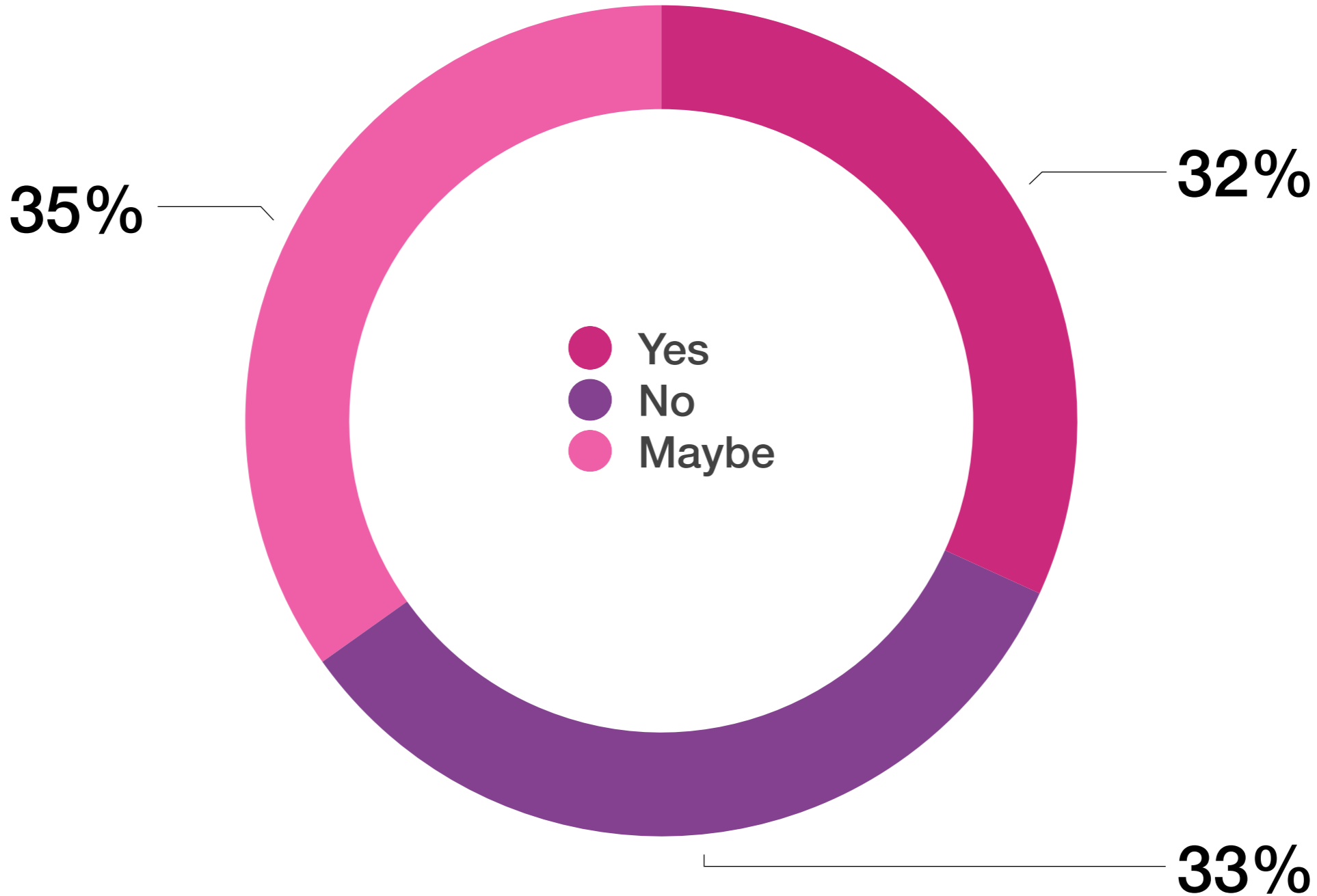
Do you think the Bible is relevant when it comes to Mental Health?



Would you ever go to your church community for help, advice or direction concerning your mental health?

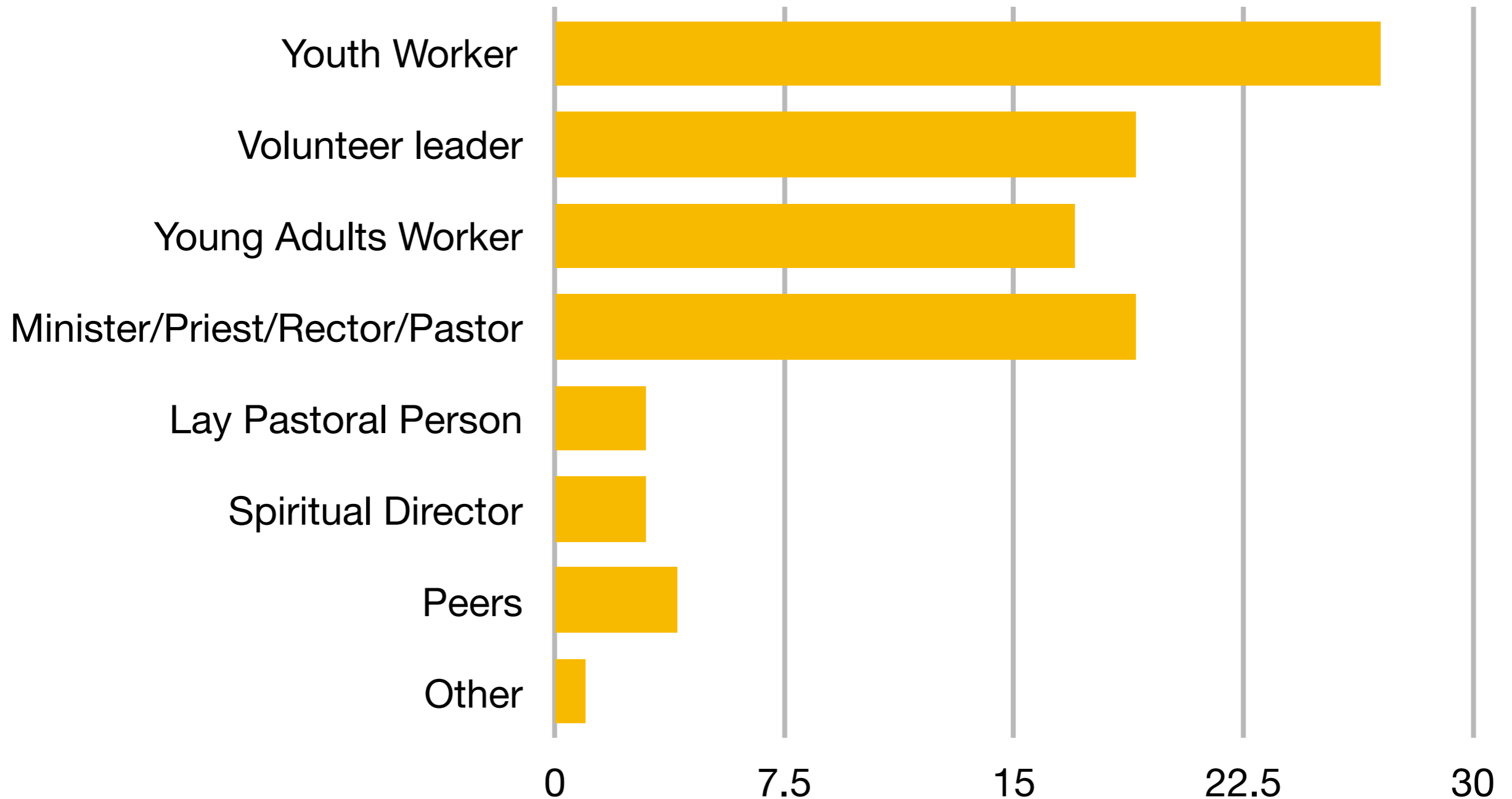


As a person of faith, do you feel you have been able to be open about your mental health in church settings?



Who would you feel most comfortable approaching?

(There may be more than one person so feel free to check more if that applies.)



Reasons YP and YA felt they **HAVE** been able to be open in church settings about Mental Health

Youth workers creating a space in which mental health was brought up and discussed regularly.

Supportive youth worker

Youth groups and leaders who I had grown a trust and liking to

In spaces with other young adults or in more personal settings such as coffee with someone from church

Within youth groups and in a YA setting it has always been very open and encouraged honest discussion without feeling like a failure of faith which I am extremely thankful for

Youth leaders/groups having open discussions about mental health

Supportive individuals

Adult youth workers are very open and I feel comfortable talking to them

Bible study groups and friends who care and are open

I think mainly due to my first youth worker I have felt safe enough to own my mental health publicly.

A sense of openness in church. Church takes interest in mental health (held talks etc). Staff workers who give good pastoral support

Reasons YP and YA felt they HAVE NOT been able to be open in church settings about Mental Health.

Sometimes in church groups it feels like talking about mental health is "too much information" or oversharing. A lot of times it feels like you can only talk about your struggles in the context of a prayer request, but outside of that it feels like people feel weird hearing you talk about your mental health.

Fear of judgment and I am uncomfortable talking to adults

Don't have anyone to talk to & I'd be seen as stupid.

Don't want to be a burden, other people suffer worse with mental health, don't want people to pity me

The general stigma around mental health.

Sometimes Christians, especially older Christians, think that getting help is bad because you should just pray, tithe, get healing from a pastor

The stigma around mental health in church life. It's as if they think being mentally ill makes me less spiritual. People have only wanted to pray for me or give me Bible verses rather than hear from me.

People don't know how to talk about it

People's judgment

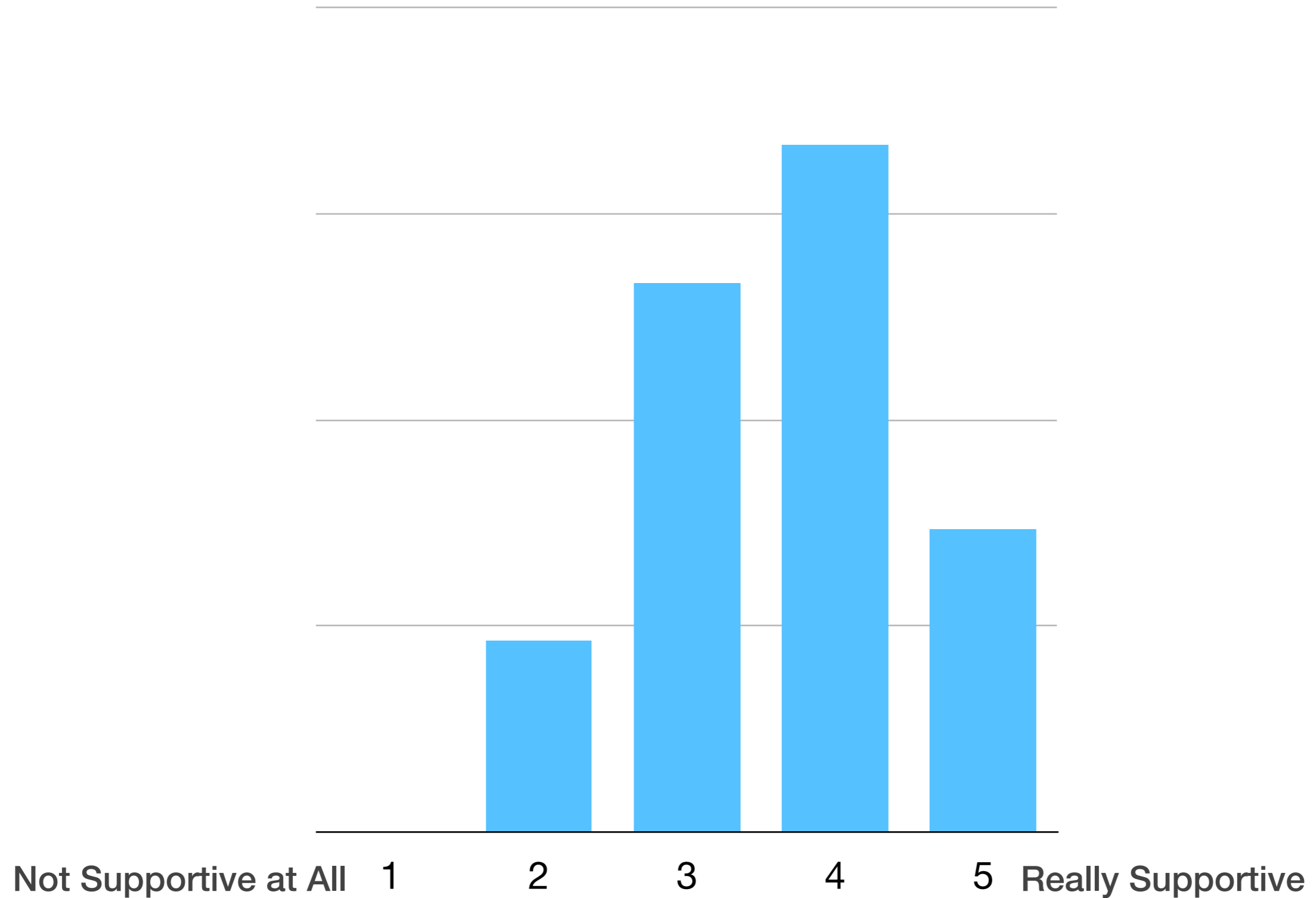
Judgement. I get worried that I'll get pushed aside or just told to 'rely on God more' or 'Just pray about it'

Fear of judgement

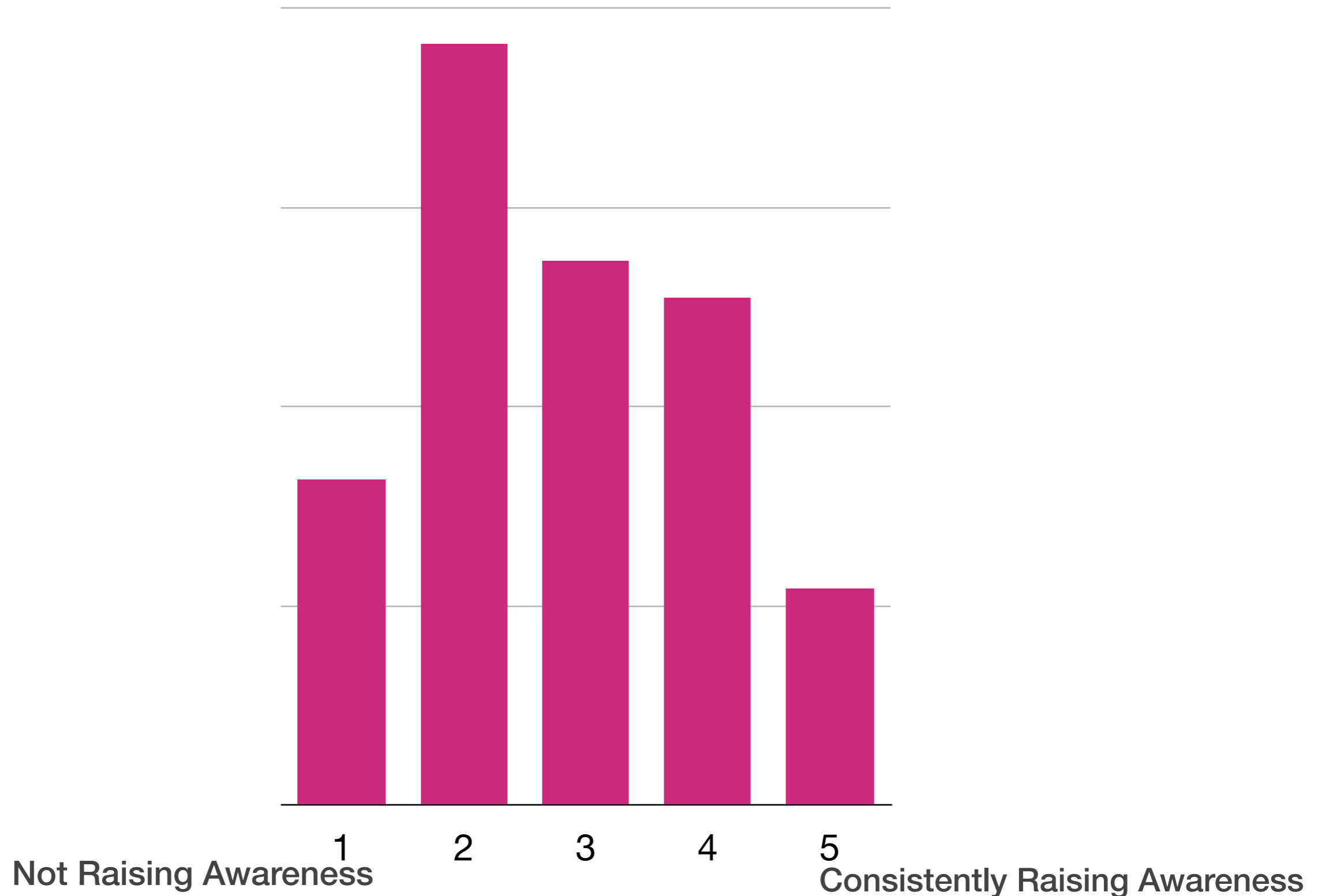
I also think there is a lot of stigma about getting help for mental health (seeing a therapist, taking medication) while being Christian.

Feeling that you can't serve or lead in organisations/be visibly involved if you're struggling. How mental health is often misunderstood by older generations, or seen as self-inflicted or self-pitying.

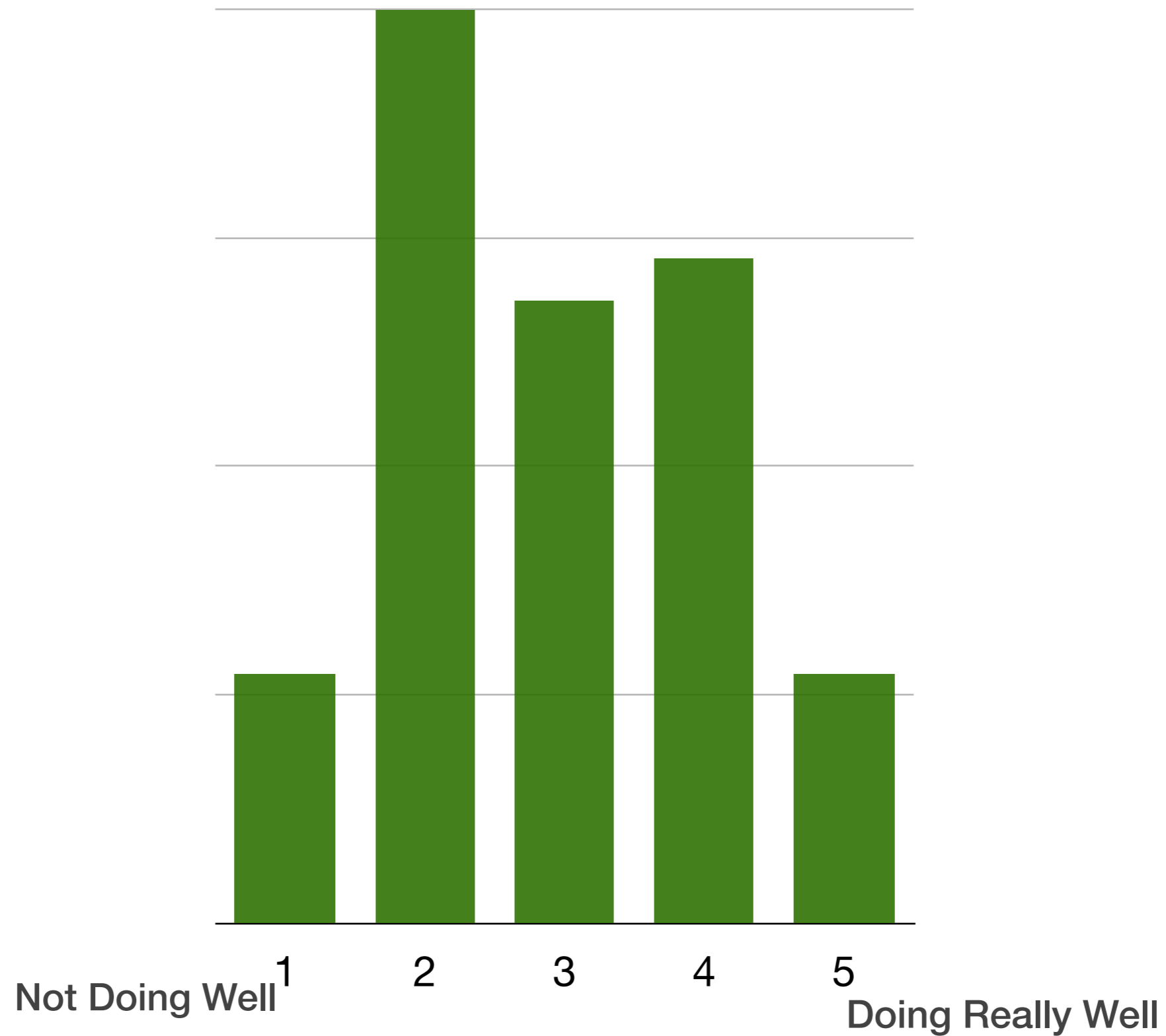
How supportive is your church/youth group when it comes to your mental health?



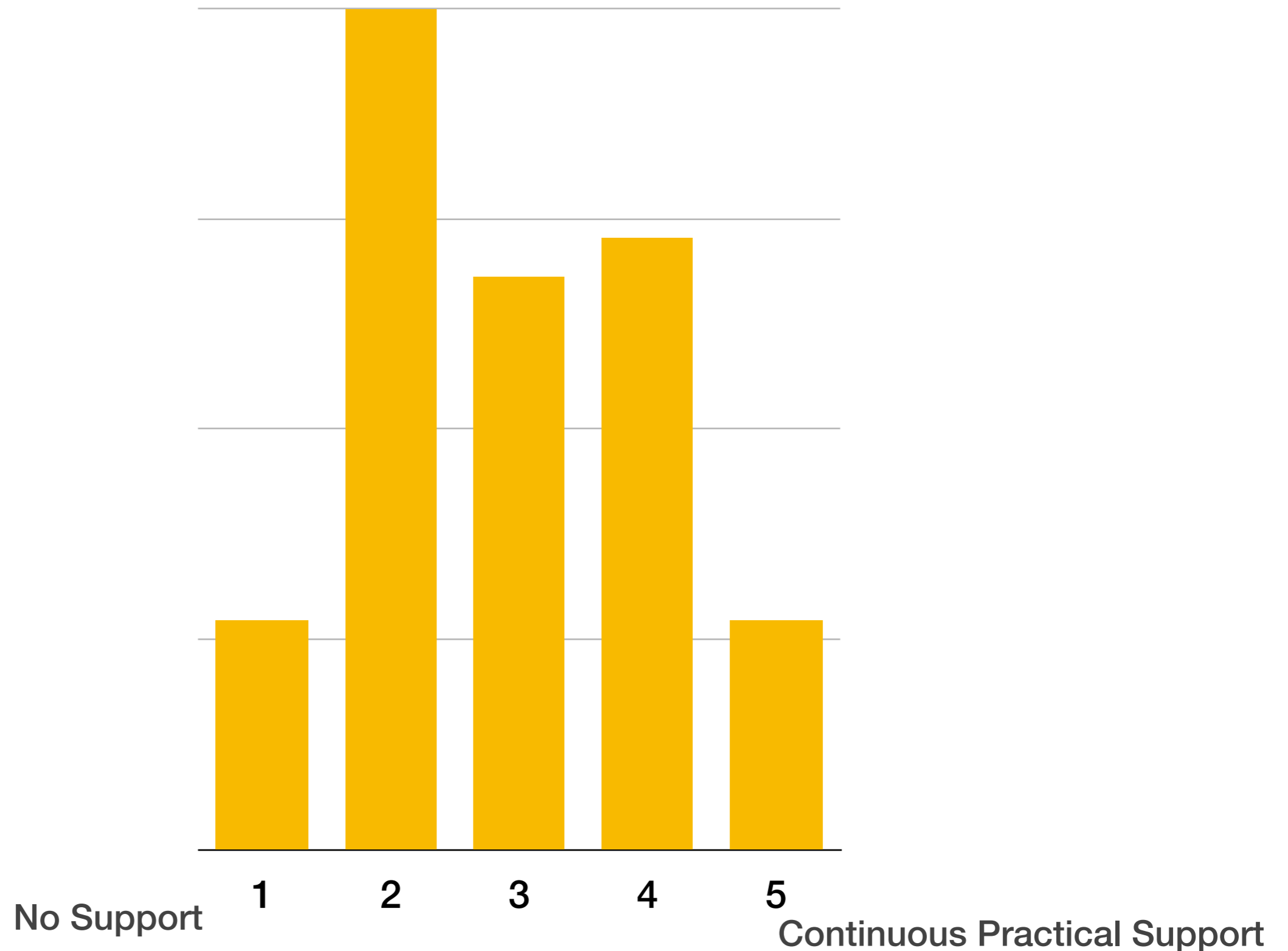
How well is the church community doing with raising awareness?

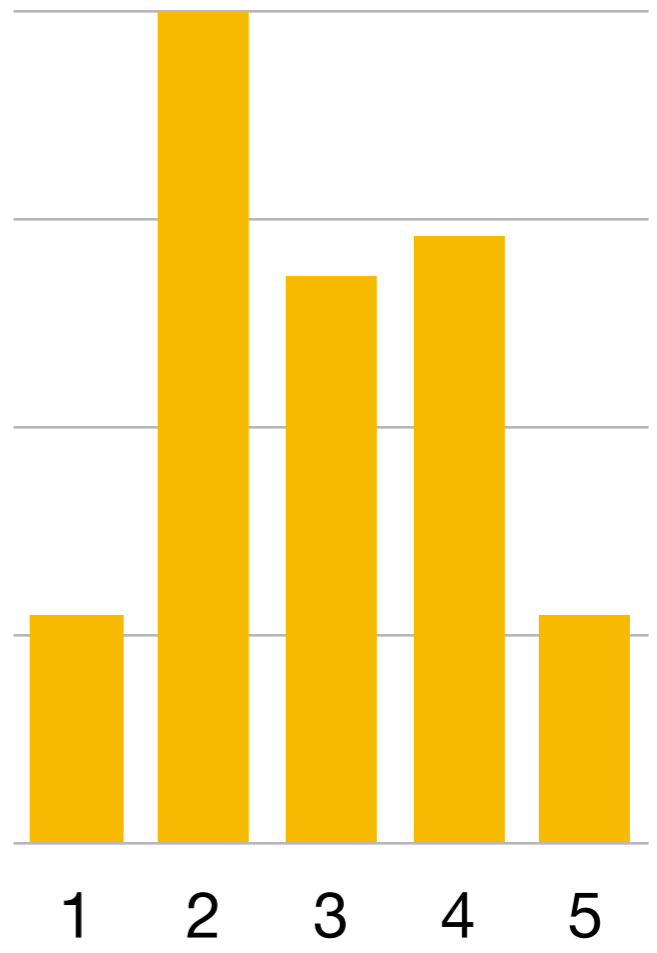
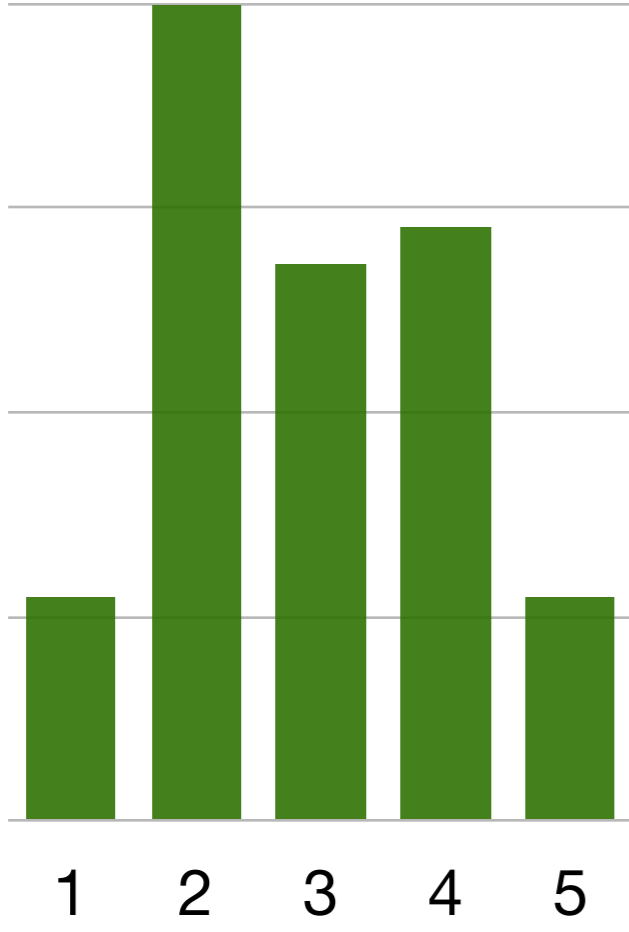
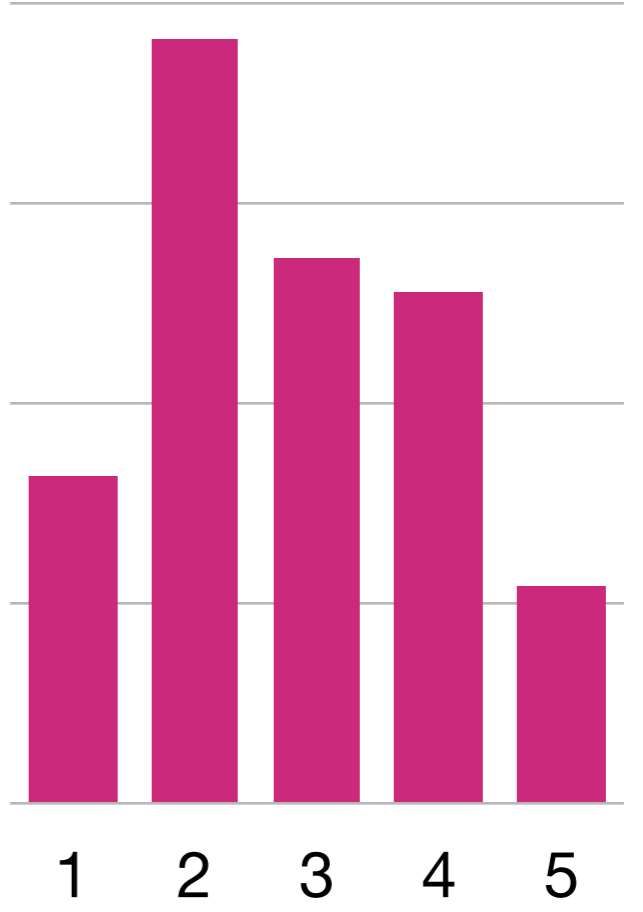
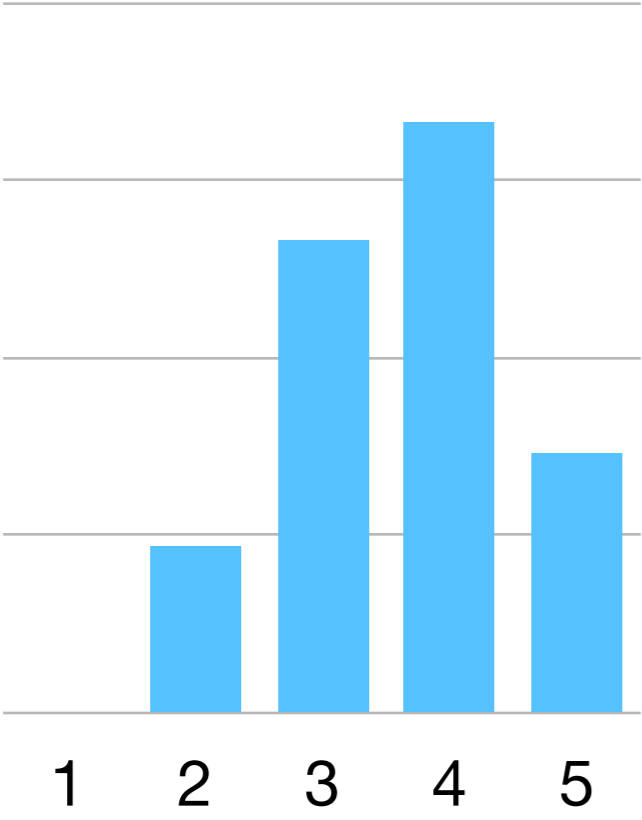


How well is your church community helping to combat the stigma of Mental Health?

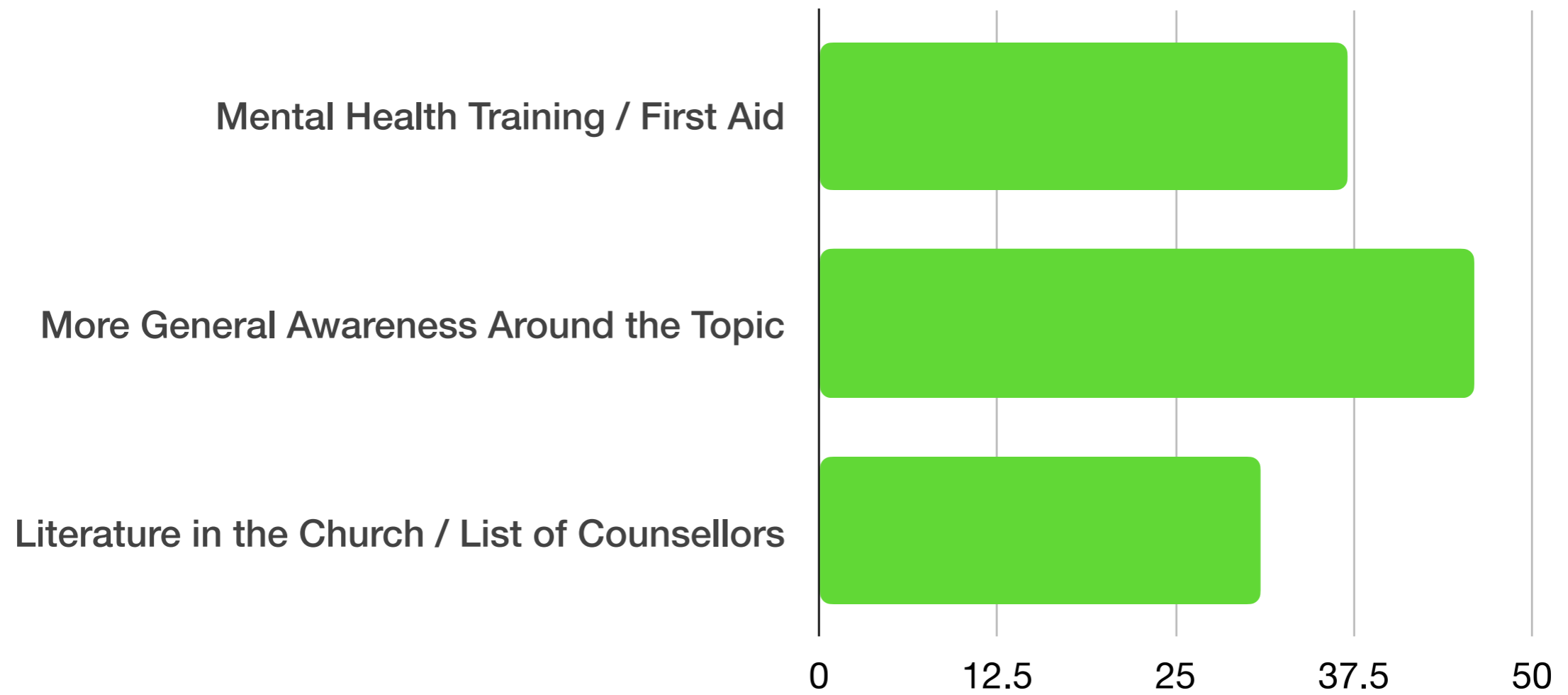


How well do you feel your church offers practical support for people in your community regarding their mental health?





What could Church communities do better to help people who are struggling with mental health?



A MASSIVE THANK YOU!

To every single person who replied to this survey.
We are so grateful for your open and honest
answers.



A collaboration by Susie Keegan & Tom Tate