



# WELCOME!

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Amethyst Roberson





# R.I.S.E : RECOGNIZING AND RESPONDING TO MENTAL HEALTH CHALLENGES IN OUR FAMILIES

RISE: Implement, Stewardship, Empower

Presentation by  
Amethyst Roberson,  
LPC, NCC, CMLC-T

## REFLECTIONS QUESTION

1. "What's your biggest challenge when supporting a loved one's mental health?"
2. "Have you ever struggled to distinguish between mental health and mental illness?"

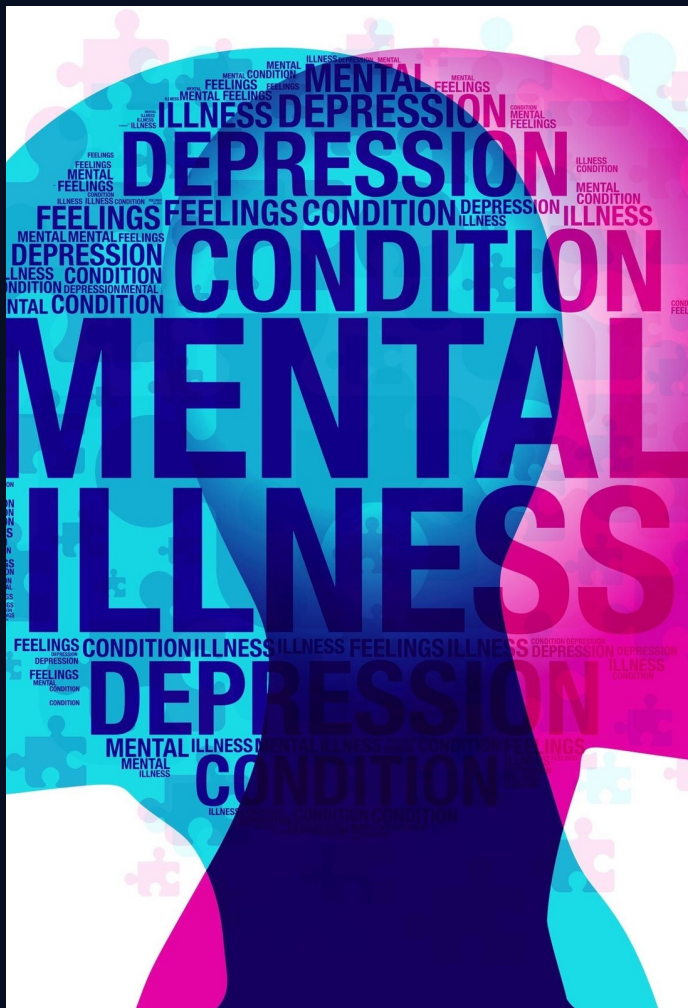
# THE PILLARS OF WELLBEING





# UNDERSTANDING MENTAL HEALTH DISORDERS

This presentation aims to provide an overview of common mental health disorders, their causes, symptoms, and treatment options.



## WHAT IS MENTAL HEALTH?

Mental health is a crucial aspect of our overall well-being. It influences how we perceive the world, manage our emotions, and make decisions. Good mental health allows us to cope with life's challenges, maintain healthy relationships, and lead fulfilling lives.

# WHAT IS MENTAL ILLNESS?



## Impacts Thoughts, Emotions, or Behavior

Mental illness can affect how a person thinks, feels, and acts, leading to difficulty in daily life.



## Affects Daily Life, Work, and Relationships

Mental illness can make it challenging to maintain healthy relationships, perform well at work, and manage everyday tasks.



## Not a Weakness

Mental illness is a medical condition, not a personal flaw or sign of weakness. It requires understanding and support.

Mental illness is a complex condition that can have a significant impact on an individual's life. It is important to recognize and address mental health concerns with compassion and understanding.

# DSM-5 CRITERIA FOR MENTAL HEALTH DISORDERS

## Clinically Significant Distress or Impairment

Symptoms must cause significant distress in important areas of life, such as social, occupational, or other functioning.

## Deviance from Cultural Norms

Behaviors, thoughts, or emotions must be markedly different from what is expected in the individual's culture.

## Duration and Persistence

Symptoms must persist for a specific duration (e.g., at least two weeks for major depressive disorder).

## Not Due to Substance Use or Medical Conditions

Symptoms cannot be better explained by the effects of drugs, alcohol, or another medical condition.

## Specific Symptom Criteria for Each Disorder

Each disorder has its own unique set of criteria that must be met for diagnosis (e.g., anxiety disorders require persistent worry and physical symptoms).



# COMMON MENTAL HEALTH DISORDERS

- **Depression**

Characterized by persistent sadness, feelings of hopelessness, and a lack of interest in daily activities. Lasts for more than two weeks.

- **Anxiety**

Marked by excessive worry, fear, and restlessness that can interfere with daily life.

- **Bipolar Disorder**

Involves extreme mood swings, alternating between manic highs and depressive lows.

- **Obsessive-Compulsive Disorder (OCD)**

Consists of obsessions (intrusive, unwanted thoughts) and compulsions (repetitive behaviors to reduce anxiety).

- **Schizophrenia**

Characterized by hallucinations, delusions, and disorganized thinking that can significantly impact a person's perception of reality.

- **Addiction**

Dependence on substances, such as drugs or alcohol, that can negatively affect a person's health, relationships, and overall well-being.



## How Do Faith and Mental Health Fit Together?

[www.Summit.org/resources](http://www.Summit.org/resources)

## RECOGNIZING WARNING SIGNS

- **Sudden mood changes**  
Noticeable shifts in emotions, such as increased irritability, anxiety, or apathy, that occur unexpectedly.
- **Withdrawal from family and friends**  
Isolating oneself from loved ones, avoiding social interactions, and becoming increasingly disconnected from support systems.
- **Difficulty concentrating or performing daily tasks**  
Experiencing a decrease in cognitive functioning, making it challenging to focus on work, school, or routine activities.
- **Repetitive, uncontrollable behaviors (OCD)**  
Engaging in obsessive thoughts or compulsive actions that disrupt daily life and are difficult to manage.
- **Talk of self-harm or hopelessness**  
Expressing suicidal ideation, making statements about wanting to die or feeling like life is not worth living.

# HOW TO HELP

## Listen without Judgment

Provide a non-judgmental, compassionate ear to the person in need. Avoid making assumptions or giving unsolicited advice.

## Encourage Professional Help

Suggest that the person speak to a therapist, counselor, or contact a helpline to receive professional support and guidance.

## Set Boundaries

Support the person without enabling harmful behaviors. Set clear boundaries to protect your own well-being while still providing care and support.

## Pray and Provide Encouragement

Offer prayer and spiritual support if appropriate, and provide words of encouragement to help the person feel valued and cared for.



Sympathy, Empathy, and Compassion: How do they differ and which one do people prefer?

Compassion Research Lab-<https://www.drshanesinclair.com/videos>

## WHEN TO SEEK IMMEDIATE HELP

- **Talk of suicide or harming others**

If someone expresses thoughts or intentions of taking their own life or causing harm to others, it is crucial to seek immediate help. This can include direct statements, as well as indirect expressions of hopelessness, despair, or a desire to end their pain.

- **Aggressive or dangerous behavior**

Individuals experiencing a mental health crisis may exhibit aggressive, hostile, or violent behavior that poses a threat to themselves or others. Seeking immediate help is crucial in these situations to ensure safety and access to appropriate support.

- **Severe withdrawal or inability to care for themselves**

Significant changes in behavior, such as complete social withdrawal, neglect of personal hygiene, or an inability to perform basic self-care tasks, may indicate a mental health crisis requiring urgent attention.



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## TRUSTING GOD AND TAKING ACTION

When faced with difficulties or challenges, it's important to remember that faith and professional help can work together. By praying for wisdom and strength, and being patient and persistent in the healing process, individuals can find comfort and support in both their spiritual and practical resources.

# SCRIPTURE REFERENCES FOR ENCOURAGEMENT & HEALING

## For Comfort and Strength

- Psalm 34:18: 'The Lord is close to the brokenhearted and saves those who are crushed in spirit.' - Isaiah 41:10: 'Do not fear, for I am with you; do not be dismayed, for I am your God.' - 2 Timothy 1:7: 'For God has not given us a spirit of fear, but of power and of love and of a sound mind.'

## For Wisdom and Guidance

- James 1:5: 'If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach.'  
- Proverbs 3:5-6: 'Trust in the Lord with all your heart and lean not on your own understanding.'

## For Healing and Deliverance

- Jeremiah 17:14: 'Heal me, O Lord, and I shall be healed; save me, and I shall be saved.'  
- Matthew 11:28-30: 'Come to me, all you who are weary and burdened, and I will give you rest.'



## LET'S STAY CONNECTED

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Contact Email: [admin@amethystroberson.com](mailto:admin@amethystroberson.com)

Thanks for your participation.



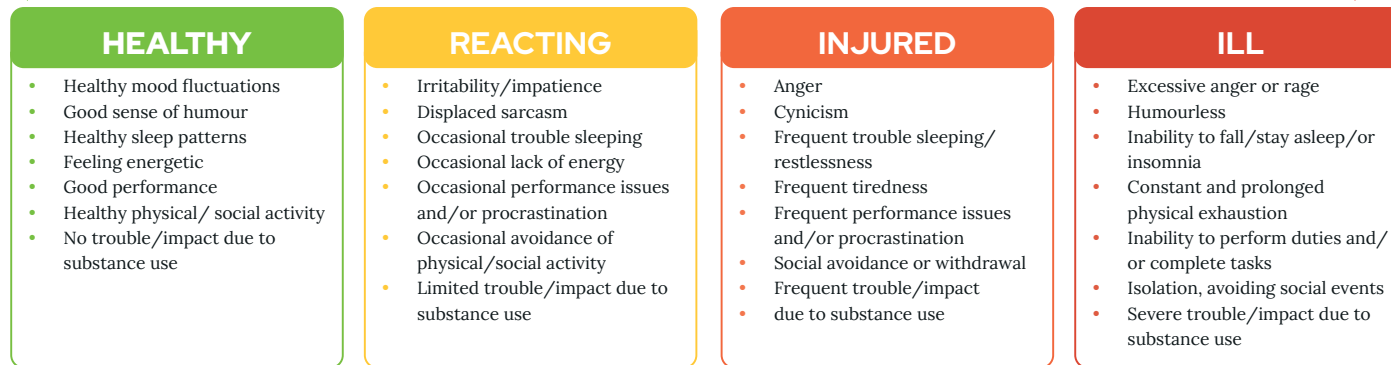
# Amethyst Roberson

Healing | Empowerment | Restoration

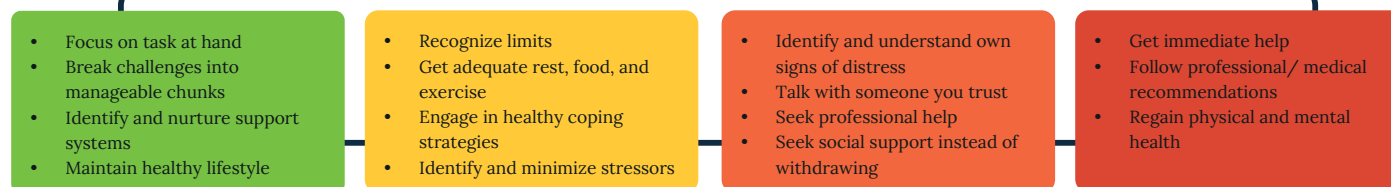
*More Info*

# The Mental Health Continuum Tool

Mental health is always changing with every other aspect of our lives. The Mental Health Continuum Tool uses general signs and indicators to help you track your mental health and wellness. People's mental health can move back and forth along the continuum ranging from green to yellow, orange and red, and back again. The Continuum tool can help you notice changes in your mood, attitude, behaviours, substance use, and physical changes, so you can take the appropriate actions needed to support your mental health and well-being in all colour zones.



## Actions to Take at Each Phase of the Continuum



To use The Mental Health Continuum self-check, please scan here.

The Working Mind



Opening Minds

MENTAL HEALTH COMMISSION OF CANADA

If you are in distress, you can call or text 988 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.

# Evaluating Your Contributions

## Understanding Your Role



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