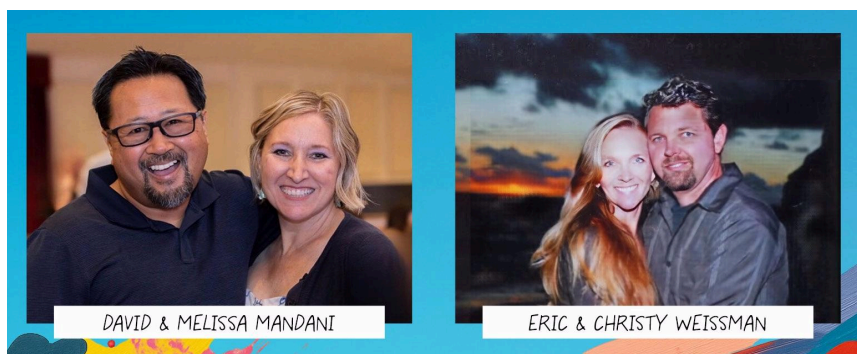




part 2, *Mental Health at Home*

Parent Panel

Icebreaker: Share a thought or a memory that comes to mind when you think of Mother's Day. How have you seen mental health intersect with the experiences of mothers and parents in your life?



- 1) What stood out to you from the panelists' stories about parenting a child with mental illness? Did anything surprise you or resonate with your own experience?
- 2) In what ways have the challenges of parenting (or supporting) someone with mental illness shaped your own faith or understanding of God?
- 3) Last week, we learned about **Trinitarian Holism**, that God cares for our mind, body, and spirit as a whole. How has this challenged the way that you think about mental health in your family or church?
- 4) What language or attitudes have you seen in church settings that either help or hinder people from seeking help for mental health? How can we do better?
- 5) What words or Scriptures would you share with a parent or family member who feels overwhelmed by the challenges of mental illness? Consider Hebrews 13:5 (NIV), which states "Never will I leave you; never will I forsake you."
- 6) If you or someone you love is struggling, what is one step you can take to seek help or support? (Give group members an opportunity to navigate <https://newstorychurch.com/mentalhealth> and/or to visit <https://newstorychurch.com/cr>. Share the things that are interesting or notable to each group member)