



Mourning with  
those who  
Mourn:  
Supporting  
Those with  
Mental Illness

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Follow the example of Christ



# Free from judgement and stigma

- Mind-body-spirit
- Luke 6:17-19



# Validation

- Mosiah 18:8-9; John 11:33-35
- 1. Active listening
- 2. Accurate Reflection
- 3. Stating what hasn't been said out loud
- 4. Validating using past history
- 5. Normalizing
- 6. Radical genuineness

# What validation is not

- Agreeing
  - Problem-solving
  - Undermining boundaries
  - Taking responsibility
  - Being a therapist
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- John 6:25-26



# The power of presence

- 3 Nephi 17:1-3; 5-7



# What to do if you are concerned about suicide

- Ask directly about suicide
- Listen with empathy and concern
- Get help
- Create a safe space

