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-spiritLuke 6:17-19



Validation

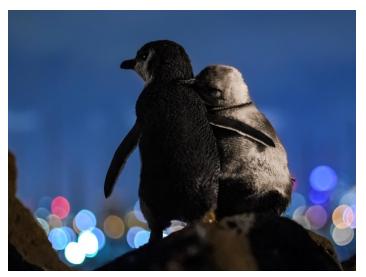
• Mosiah 18:8-9; John 11:33-35

• 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 responsibilityBeing a therapist
- o John 6:25-26



The power of presence



What to do if you are concerned about suicide

• Ask directly about suicide

- Listen with empathy and concern
- Get help
- Create a safe space

