



## How To Talk To Children About Mental Health

### Description

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Mental health is an important topic for all of us, but it can be especially difficult to talk about with children. As a Christian parent, it is important to approach the topic of mental health from a biblical perspective. In this blog post, we will discuss how to talk to children about mental health from a Christian perspective. We will also provide some tips and resources to help you have meaningful conversations with your children about mental health.

The Bible is a great source of wisdom and guidance when it comes to mental health. In Proverbs 3:5-6, we are reminded to “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.” This verse reminds us that we can trust in God’s wisdom and guidance when it comes to mental health.

It is also important to remember that God created us with emotions and that it is okay to feel a range of emotions. In Psalm 34:18, we are reminded that “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” This verse reminds us that God understands our emotions and is there to comfort us in times of distress.

When talking to children about mental health, it is important, to be honest, and

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open. It is also important to be patient and understanding. It is important to remember that children may not understand all the concepts related to mental health, so it is important to explain things in simple terms. It is also important to provide resources and support for children who may be struggling with mental health issues.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. Amen

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Example: Joy, Love, 1 John 1:3

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It is also important to remember that mental health is not something to be ashamed of. In 1 Corinthians 10:13, we are reminded that “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation, he will also provide the way of escape, that you may be able to endure it.” This verse reminds us that God is always there to provide us with strength and support in times of difficulty.

Finally, it is important to remember that mental health is a journey and that it is important to be patient and understanding. In Philippians 4:6-7, we are reminded to “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” This verse reminds us that God is always there to provide us with peace and comfort in times of difficulty.

## Quiz

1. What is the best way to approach the topic of mental health with children?

A. With honesty and openness

- B. With shame and guilt
- C. With fear and avoidance
- D. With judgment and criticism

2. What does Proverbs 3:5-6 remind us?

- A. To trust in our own understanding
- B. To trust in God's wisdom and guidance
- C. To be ashamed of our emotions
- D. To be anxious about everything

3. What does 1 Corinthians 10:13 remind us of?

- A. That God will not let us be tempted beyond our ability
- B. That God will not provide us with strength and support
- C. That God will not provide us with peace and comfort
- D. That God will not provide us with understanding

4. What does Philippians 4:6-7 remind us?

- A. To be anxious about anything
- B. To trust in our own understanding
- C. To make our requests known to God
- D. To be ashamed of our emotions

5. What is important to remember when talking to children about mental health?

- A. To be honest and open
- B. To be judgemental and critical
- C. To be patient and understanding
- D. To avoid the topic

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