



Mental Health

Resources to help your family overcome and heal.

HOW PARENTS CAN HELP THEIR CHILDREN OVERCOME ANXIETY AND DEPRESSION

"Our kids need to know they are loved, worthy, valued and created on purpose for a purpose. Their difficulty in overcoming anxiety or depression does not define them."

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OVERCOMING ANXIETY IN PARENTING

"Overcoming anxiety is something that we as parents must be intentional about. We must be purposeful in practicing how to focus on the present rather than uncertainty about the future."

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A NOTE FROM OUR ADMINISTRATOR

We live in a society that is saturated with negativity from many sources. Social and news media outlets focus primarily on bad news and drama. Fear is driving many people to isolation. Sadly, students pick up on much of this, without possessing the maturity or spiritual foundation needed to handle such messages. This exposure, along with a myriad of physiological factors, affects students' mental and spiritual outlook, and many are facing more mental health issues than ever before.

As parents, God has given us the responsibility to shield and protect our students from harmful influences. We need to stay alert to their mental state and be informed of potential warning signs. I've included links to a few God-centered articles and websites that may be helpful in this area. If you notice changes in your student's mental outlook or if they are experiencing depression, please – do not delay. Seek help! We tend to think these struggles could never touch us or our children, but no one is immune. Even great heroes of the faith have suffered from depression – such as Elijah and David, among others.

We serve a great God who gave Himself for us so we could inherit eternal life. He is with us and will never forsake those who know Him. He is the answer to the world's problems.

We love you and thank God for the privilege of ministering to you. If there is anything we can do for you, please do not hesitate to reach out. God bless you!

Sincerely,

Jonathan Pulaski

Administrator



TEENS AND DEPRESSION

"How do we stand with our teens through this adolescent season of change and emotional upheaval?"

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SIGN UP FOR A FREE RIGHT NOW MEDIA ACCOUNT. GET ACCESS TO THE FOLLOWING VIDEOS AND OVER 20,000 ENCOURAGING AND HELPFUL VIDEOS FOR PARENTS, TEENAGERS AND KIDS.

Anxiety is inescapable in today's world. When stress overpowers us and fear infects our minds, it can feel like the peace the Bible talks about is impossible to find. And no amount of pretending, overworking, or isolating ourselves will offer us the peace we need. In this four-session series, pastor Jonathan Pokluda explores how Christians can face anxiety head-on. With real-life stories from people facing various kinds of anxiety, this series helps us see that peace can be found on this side of eternity.



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Christians are suffering from a whole range of emotional problems: anxiety, loneliness, grief over broken relationships, resentment, and feelings of inadequacy. Often they have been struggling with those problems for years. In this updated video study of Dr. Cloud's classic book *Changes That Heal*, Dr. Cloud teaches that there are biblical solutions for your struggles with depression, anxiety, panic, addictions, and guilt, and that these solutions lie in your understanding certain basic developmental tasks. These tasks involve growing up into the 'likeness' of the one who created you.

Just like pain alerts us that there's a deeper issue that needs attention in our physical body, our emotions can lead to revealing the places of our hearts that have been wounded and broken and need the healing touch of Jesus. We've taught ourselves to bottle and hide emotion rather than facing it head-on and listening to what it's telling us about ourselves. We are responsible for what happens in our own hearts. It's only when we learn to express and release our emotions in a healthy way before the Lord that we can begin to address the issues that are driving the emotions and experience real freedom and healing.



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