ARE MENTAL HEALTH CHALLENGES AFFECTING PEOPLE IN THE CHURCH?

Let's be honest!

This is a question that we often don't address enough within the church community!

BUT I WANT TO SHARE WHY WE NEED TO START!!!

Divine Transformational Solutions

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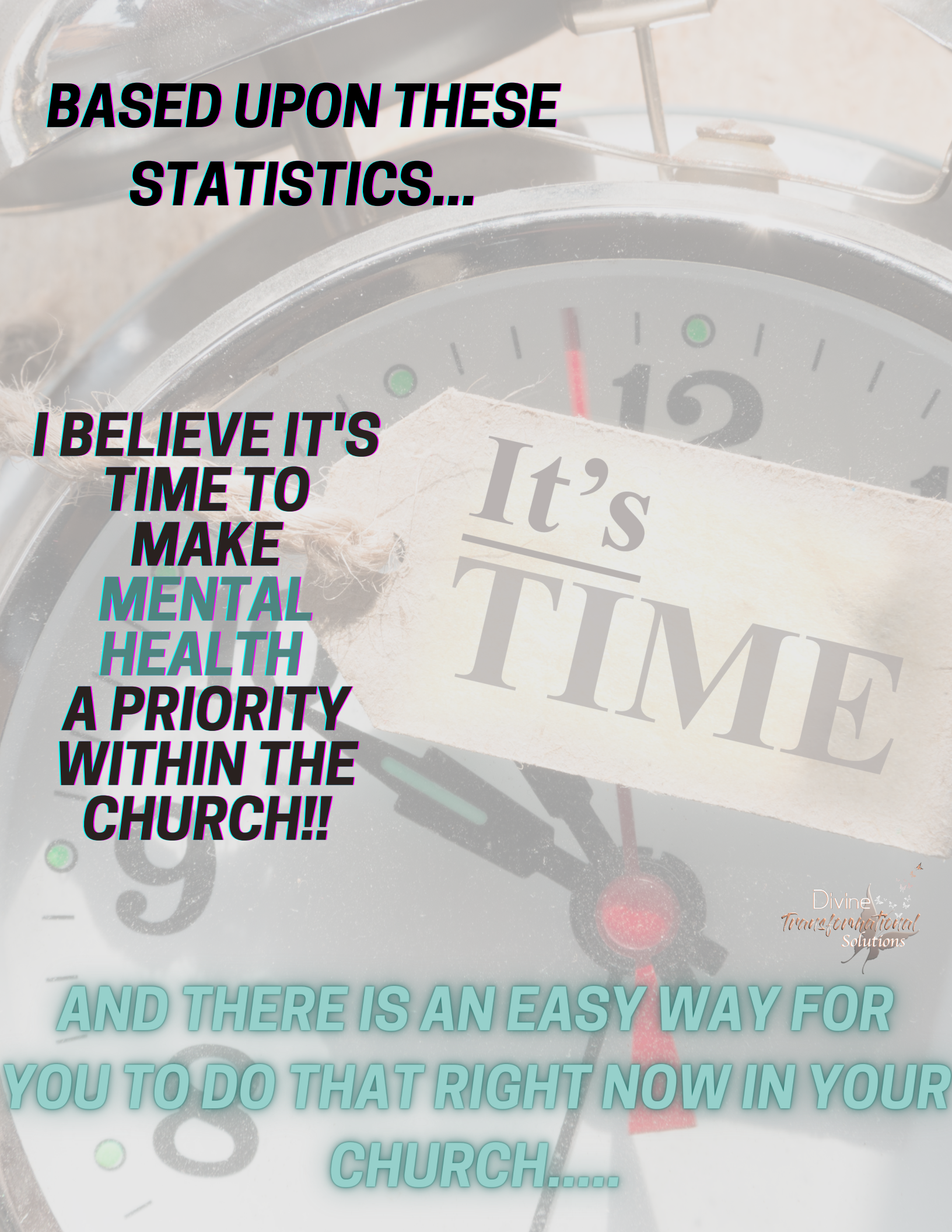
DID YOU KNOW?

- *23 PERCENT OF PASTORS ACKNOWLEDGE THEY HAVE PERSONALLY STRUGGLED WITH A MENTAL ILLNESS.*
- *49 PERCENT OF PASTORS SAY THEY RARELY OR NEVER SPEAK TO THEIR CONGREGATION ABOUT MENTAL ILLNESS.*
- *27 PERCENT OF CHURCHES HAVE A PLAN TO ASSIST FAMILIES AFFECTED BY MENTAL ILLNESS.*
- *65 PERCENT OF CHURCHGOING FAMILY MEMBERS OF THOSE WITH MENTAL ILLNESS WANT THEIR CHURCH TO TALK OPENLY ABOUT MENTAL ILLNESS.*
- *59 PERCENT OF THOSE ACTUALLY SUFFERING FROM MENTAL ILLNESS SAY THE SAME.*
- *53 PERCENT OF CHURCHGOERS WITH MENTAL ILLNESS SAY THE CHURCH HAS BEEN SUPPORTIVE.*
- *76 PERCENT OF CHURCHGOERS SAY SUICIDE IS A PROBLEM THAT NEEDS TO BE ADDRESSED IN THEIR COMMUNITY.*
- *32 PERCENT OF CHURCHGOERS SAY A CLOSE ACQUAINTANCE OR FAMILY MEMBER HAS DIED BY SUICIDE.*
- *80 PERCENT OF PASTORS SAY THEIR CHURCH IS EQUIPPED TO ASSIST SOMEONE WHO IS THREATENING TO TAKE HIS OR HER OWN LIFE.*
- *92 PERCENT OF PASTORS SAY THEIR CHURCH IS EQUIPPED TO CARE FOR THE FAMILY THAT EXPERIENCES THE SUICIDE OF A LOVED ONE.*
- *4 PERCENT OF CHURCHGOERS WHO LOST A LOVED ONE TO SUICIDE SAY CHURCH LEADERS WERE AWARE OF THEIR LOVED ONE'S STRUGGLES.*
- *68 PERCENT OF AMERICANS FEEL THEY WOULD BE WELCOME IN CHURCH IF THEY WERE MENTALLY ILL.*
- *35 PERCENT OF AMERICANS SAY MENTAL ILLNESS COULD BE OVERCOME WITH BIBLE STUDY AND PRAYER ALONE.*

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Statistics from Lifeway Research Studies - https://lifewayresearch.com/2018/05/01/13-stats-on-mental-health-and-the-church/



BASED UPON THESE STATISTICS...

I BELIEVE IT'S TIME TO MAKE MENTAL HEALTH A PRIORITY WITHIN THE CHURCH!!

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AND THERE IS AN EASY WAY FOR YOU TO DO THAT RIGHT NOW IN YOUR CHURCH.....

THE SPIRITUAL MENTAL HEALTH TRANSFORMATION JOURNAL

178 pages with these AMAZING FEATURES:

9 weeks of Mental Health Specific content with 5 journal exercises for each week
9 Transformation Tools pages
Mental Health Tools Section with the following pages:
What's On My Mind
Mental Health Reflection Pages
Self-Care Checklists
Gratitude Checklists
Mental Health Affirmations
Feelings Wheel
Stress/Anxiety Tracker & Reduction Activity Pages

Hold on there's more.....The Spiritual Mental Health Transformation Journal has all the above PLUS
Scripture pages for Stress/Anxiety, Depression/Sadness, Grief/Loss, Relationships, Self-Care, & Positive Thinking
Mental Health Prayers
Spiritual Mental Health Exercise Pages

VISIT MY WEBSITE,
WWW.DIVINETRANSFORMATIONALSOLUTIONS.COM
FOR REVIEWS, PRICING, AND ADDITIONAL INFORMATION.
EMAIL ME AT
DR.CRYSTAL@DIVINETRANSFORMATIONALSOLUTIONS.COM
FOR ANY INQUIRIES.

THE

SPIRITUAL MENTAL HEALTH TRANSFORMATION JOURNAL REVIEWS



"This journal is a boost of caffeine for those seeking more, encouraging you to take action, and inspiration for a better tomorrow."

DR. JOMO COUSINS

"Dr. Crystal's Transformational Journal is a wonderful introduction to the essential topics of mental health."

DR. FELECIA T. DUNSON

Dr. Crystal's caring approach to wellness is clearly exhibited in the way she has systematically organized this journal to take you on a 9-week journey to the best you. You can count on this journal to impart wisdom, insight, and personal growth."

DR. CHARMAINE COUSINS

BY:

DR. CRYSTAL COLLIER
PSYCHOLOGICAL CONSULTANT

Divine Transformational Solutions

AVAILABLE NOW

FOR PRE-ORDER

IF YOU ARE INTERESTED IN MAKING A POSITIVE IMPACT ON THE MENTAL HEALTH OF YOUR CHURCH, LET'S CHAT!

I WOULD LOVE TO HELP YOU HELP YOUR MEMBERS TO MAKE MENTAL HEALTH A PRIORITY!

Why me?

- I was raised in the church and I am the daughter of a Pastor - Go PKs!!
- I am a Professional Speaker, Psychological Consultant, Author, and Full Professor with more than 14 years of experience.
- I am a passionate advocate for helping individuals, churches, and businesses to develop strategies that support the growth of mentally-healthy, resilient and successful individuals, members, and workplaces.
- I believe you can love Jesus & have a therapist!
- I believe you can't have good health without BOTH physical & mental health!



CONTACT ME:

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