



# Think of This, not on That!

*Well-Being Through Biblically Thinking*

# 2020



## Mental Health By the Numbers

Among U.S.  
ADULTS:



**1 in 5** experienced  
a mental illness

**1 in 20**

experienced a serious  
mental illness

**1 in 15**

experienced both a  
substance use disorder  
and mental illness

**12+ MILLION**

had serious thoughts  
of suicide

**1 in 5**

report that the pandemic  
had a significant  
negative impact on their  
mental health



of those with  
mental illness



of those with  
serious mental illness

used  
cope  
medicate.

### RECOGNIZING THE IMPACT

2020 was a year of challenges, marked by loss and the uncertainty of the COVID-19 pandemic.

We must recognize the significant impact of the pandemic on our mental health – and the importance of increasing access to timely and effective care for those who need it.

Among U.S. ADULTS who received  
mental health services:

**17.7  
MILLION**

experienced delays  
or cancellations in  
appointments

**7.3  
MILLION**

experienced delays  
in getting  
prescriptions

**4.9  
MILLION**

were unable  
to access  
needed care



Many struggled to get  
necessary mental  
health care, with  
telehealth proving an  
essential option.

**26.3  
MILLION**

adults received virtual  
mental health services  
in the past year



of those with  
mental illness



of those with serious  
mental illness

## MENTAL HEALTH CRISIS

The recent shootings in our country serve as a painful reminder of an ongoing mental health crisis in our country and in some other parts of the world.

# 2020



## Mental Health By the Numbers

### YOUTH & YOUNG ADULTS

Youth and young adults experienced a unique set of challenges during the COVID-19 pandemic - isolation from peers, adapting to virtual learning, and changes to sleep habits and other routines.

We must recognize the significant impact of these experiences on young people's mental health - and the importance of providing the education, care and support they need.

#### Among U.S. ADOLESCENTS (aged 12-17):



**1 in 6** experienced a major depressive episode (MDE)

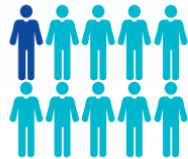
**3 MILLION** had serious thoughts of suicide

**31%** increase in mental health-related emergency department visits

#### Among U.S. YOUNG ADULTS (aged 18-25):



**1 in 3** experienced a mental illness



**1 in 10** experienced a serious mental illness

**3.8 MILLION** had serious thoughts of suicide

**1 in 5**

young people report that the pandemic had a significant negative impact on their mental health.



of adolescents



of young adults

**NEARLY 1/2**

of young people with mental health concerns report a significant negative impact.

**1 in 10**

people under age 18 experience a mental health condition following a COVID-19 diagnosis.

gently used  
to cope  
self-medicate.



## MENTAL HEALTH CRISIS

It is likely that there are multiple causes for this crisis, including homes without fathers, social media overuse, loss of social moral compass, substance abuse, overreliance on medication, demonic activity, etc.

# The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

## PERSON



18% of U.S. adults with mental illness also have a substance use disorder



Rates of cardiometabolic disease are twice as high in adults with serious mental illness

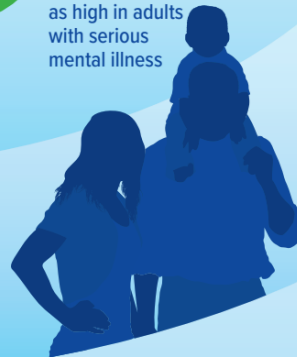


At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

## FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



21% of people experiencing homelessness also have a serious mental illness



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders

## COMMUNITY



## WORLD



Depression is a leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity

# MENTAL HEALTH CRISIS

But certainly one of the reasons for our depression, doubt, and despondency is the way we are thinking.

*“As one thinks in his heart, so is he.” (Proverbs 23:7, NKJV)*

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](https://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)



NAMI



NAMICommunicate



NAMICommunicate



[www.nami.org](https://www.nami.org)

 **nami**  
National Alliance on Mental Illness



# PROTECTING OUR THOUGHT LIFE

**Proverbs 4:23 (ESV)**

<sup>23</sup> Keep your heart with all vigilance, for from it flow the springs of life.

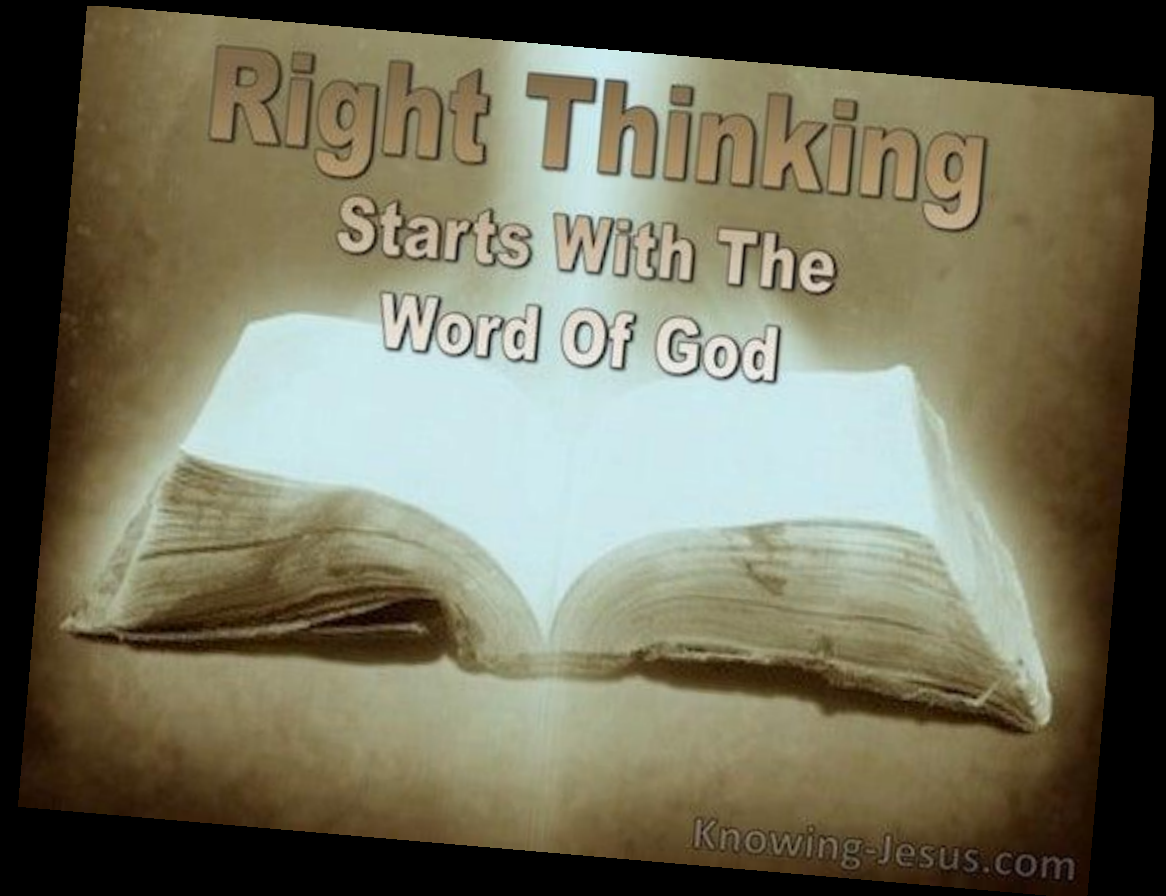
*“Carefully guard  
your thoughts  
because they are  
the source of true life.”  
(CEV)*



# THINKING BIBLICALLY = THINKING HEALTHY

## Philippians 4:8 (CEV)

<sup>8</sup> Finally, my friends, keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don't ever stop thinking about what is truly worthwhile and worthy of praise.





# PATTERN'S OF THOUGHT

Over the years, we develop patterns of thought that become habitual and drive our state of being and acting. That is why God tells us to renew our minds!



Romans 12:1-2

<sup>1</sup>Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship.

Don't dwell on what  
you don't have.  
Think about what  
you do have!





# WHATEVER I HAVE...

## **Philippians 4:11 (CEV)**

**11** I am not complaining about  
having too little.  
I have learned to be satisfied  
with whatever I have.

Don't worry  
about what  
you can't  
control. Work  
on what  
you can!





# WHATEVER YOU CAN DO...

**John 9:4**

We must work  
the works of him who sent me  
while it is day;  
night is coming,  
when no one can work.



Don't dwell on  
the past. Live the  
present in  
light of the future!



# WHATEVER YOU DO...

## Colossians 3:23-24

<sup>23</sup> Whatever you do, work heartily, as for the Lord and not for men, <sup>24</sup> knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

# Think on these things...

