

# Mental Health

Home Huddle is meant to be an opportunity for families to talk about their faith together. Scripture and multiple research studies affirm that parents and grandparents are the #1 faith role models in a child's life. We know life is busy, but we still encourage families to take time to grow in faith together. Complete/talk through the 'Faith 5' (Share, Read, Talk, Pray, Bless) below as a family. Then sign and return this page at the beginning of the next class.

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**SHARE** Highs and Lows of the day/week



**READ**

No Memory Work – Lent Lesson



**TALK**

1. Share a time when you felt down or worried. How did you find hope in that situation?

2. What is one thing you can do to help someone who is experiencing depression/anxiety?



## PRAY

for one another. Praise and thank God for today's highs. Ask the Holy Spirit for help with today's lows. Include highs and lows of your family, friends and world in this prayer. Close in Jesus' name.



## BLESS

one another with the sign of the cross and these words:

(Name), child of God, may you always find hope in the midst of darkness.  
Amen.

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Student First and Last Name: \_\_\_\_\_

(Please print so we can read it!)

Parent Signature: \_\_\_\_\_

## Mental Health +

During the “Hot Topic” Unit, we will be covering some big issues. Following each lesson, families are encouraged to continue the conversations from class by using Home Huddle+. Parents can also find a list of resources that may be helpful if there is a desire to further explore the topic. These pages do not need to be returned as they are intended to be tools for families to use together.

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### TALK (Further Discussion Questions)

1. What are some of the myths about depression and anxiety? What are the truths that combat those lies?
2. Use a Bible concordance to look up the word “anxiety/worry”. Look at some of the verses. How can they be a source of hope for those experiencing anxiety/depression?



### EXPLORE (Resources)

#### Books

- *Why is My Teenager Feeling Like This? A Guide to Helping Teens Through Anxiety and Depression* by David Murray  
[Great resource that speaks of various mental illnesses affecting teens and gives practical advice to parents about how to help. There is also a teen version to be used in accomaniment]
- *Masks: Devotions of Hope for the Downcast* by Terry Bueth  
[Devotional written by a First Lutheran member that offers hope, especially to those experiencing depression or anxiety.]
- *Anxious for Nothing* by Max Lucado  
[Focus on Philippians 4:6-7 and how God invites us to at our worries and anxieties on Him]

## Websites

- [https://cdn.shopify.com/s/files/1/0545/9317/files/Hope\\_Resource\\_Guide.pdf?2118848862963175616](https://cdn.shopify.com/s/files/1/0545/9317/files/Hope_Resource_Guide.pdf?2118848862963175616)  
[Mental Health resource guide with information about specific mental illnesses and the proper response]
- <https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>  
[Article that includes signs of depression to watch out for, and how to help teens going through depression]
- [https://d36s6f2n3iyjqc.cloudfront.net/fyifiles/Practical\\_Strategies\\_to\\_Help\\_Young\\_People\\_Face\\_Anxiety\\_.pdf](https://d36s6f2n3iyjqc.cloudfront.net/fyifiles/Practical_Strategies_to_Help_Young_People_Face_Anxiety_.pdf)  
[Practical ideas about how to help your teen with anxiety]



## DO (Practical Ideas)

- Be aware of some of the warning signs of depression in teens:
  - o Sadness or hopelessness
  - o Irritability, anger, or hostility
  - o Tearfulness or frequent crying
  - o Withdrawal from friends and family
  - o Loss of interest in activities
  - o Poor school performance
  - o Changes in eating and sleeping habits
  - o Restlessness and agitation
  - o Feelings of worthlessness and guilt
  - o Lack of enthusiasm and motivation
  - o Fatigue or lack of energy
  - o Difficulty concentrating
  - o Unexplained aches and pains
  - o Thoughts of death or suicide
- The vast majority of teens experiencing depression or anxiety do not seek any form of help. Let your child know that you are a safe person to talk to if they are ever feeling down or worried.
- *If your child is experiencing a mental illness:*
  - o Focus on listening, not lecturing.
  - o Be gentle but persistent.
  - o Acknowledge their feelings.
  - o Trust your gut.

Read more at <https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>)