Celebrate Recovery®

MENTAL HEALTH

The Problem and the Solution

celebraterecovery.com

What we are.

A safe and loving place for those seeking to find support amid mental illness and dual diagnosis.

Willing to support mental health through Christ-centered accountability and sponsorship.

A safe place to work through all of life's hurts, hang-ups, and habits. believing that freedom in Christ is something that can be complete even without physical healing.

What we are not.

A place for judgment.

A replacement for counseling and therapy.

A place that gives up on HOPE!

The Problem

Fifty percent of all adults will experience some form of mental illness in their life.* This can mean different things to different people. Ultimately, the list of the different types of disorders is too large for one informational sheet.

"Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function."

Just like any other organ in our body, our brains are subject to malfunction from time to time. In the same way that a heart, lung, or kidney can malfunction, our brains can malfunction. This can lead to feelings of devastation, anger, or loneliness, for example. Often the result is a feeling of isolation, loss of control, and hopelessness.

Frequently, in an attempt to ease these overwhelming emotions, people will use unhealthy coping skills. This can be through unhealthy relationships, at-risk behaviors, substance abuse, etc.

The Solution

Thankfully, through the loving grace of Jesus Christ we do not have to live under the assumption that we have no hope. In 2 Corinthians 12:9 (NIV) we see God telling us,

"My grace is sufficient for you, for my power is made perfect in weakness."

This tells us that when we are feeling weak, God steps in to fill the gap for us if we let Him.

Celebrate Recovery is a tool to help us experience the freedom that comes when we allow God to stand in the gap for us. Utilizing the 12 Steps of Recovery and their biblical comparisons, along with the 8 Principles based on the Beatitudes, we allow God to work in our lives. In Step 3, "We make a decision to turn our lives and our wills over to the care of God." When we stop trying to get by under our own power and give that control over to God, we start living under His power. His "perfect power" offers healing and hope from life's hurts, hang-ups, and habits.

God gives us the ability to come out of the darkness that weighs so heavily on us. We are able to feel what it is like to walk through life with hope for a better tomorrow. We are able to start building relationships with others that are healthy. We learn positive tools for coping with frustrations and then incorporate these tools into our lives.

Celebrate Recovery cannot promise physical healing from your mental health issues, no more than it can promise healing for cancer. What we can offer you is this:

Celebrate Recovery is...

- ...a safe and loving place for those seeking to find support in the midst of mental illness and dual diagnosis.

- ...willing to support mental health through Christ-centered accountability and sponsorship.

- ...a safe place to work through all of life's hurts, hang-ups, and habits believing that freedom in Christ is something that can be complete even without physical healing.

Celebrate Recovery is not a replacement for professional counseling, therapy, and medical treatment. We are here to support those efforts and encourage you as you use them.

Living with mental health issues can be difficult. There is no denying that fact. But living with mental health issues does not have to be a lifelong sentence of misery. You do have hope for a better tomorrow. By living one day at a time, one moment at a time, you can find peace. You can live a life that is extraordinary.

*Centers for Disease Control and Prevention