

SUNDAY MORNING Health Corner

Breaking the Stigma

Mental health is health.

And yet, for far too long, stigma and silence have stood in the way of healing.

This week, we're breaking the silence and lifting the shame. Whether you're managing stress, anxiety, depression, or simply navigating life's pressures, know that seeking help is a sign of strength—not weakness.

Faith and mental health are not in opposition—they are partners in your wellness journey. Therapy, prayer, rest, and community can all work together to support your healing.

Let's change the narrative.

Let's support one another.

Let's make mental health care a normal, compassionate, and accessible part of life.

Take Action This Week:

- Talk to someone you trust
- Check in with your mental health
- Share a resource with a friend
- Don't hesitate to ask for help

Your mind matters. Your healing matters.



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