

Who Will Care For You?

by

Frank Minirth, M.D., Ph.D.

Radio 03/24/09

- Introduction
- Bible verses
 - I Peter 5:7 – Casting all your care upon him; for he careth for you.
 - Matthew 11:28 – Come unto me, all ye that labour and are heavy laden, and I will give you rest.
 - Matthew 23:37 - ...how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings...
- Jesus Christ
 - Hebrews 13:5 - ...for he hath said, I will never leave thee, nor forsake thee.
- family
 - I Timothy 5:8 – But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel.
- church
 - Hebrews 10:25 – Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

- friends
 - Proverbs 17:17 – A friend loveth at all times, and a brother is born for adversity.
- parachurch
 - hospital
 - mental health – serious psychological distress (SPD)
 - 11% of people over 18 years have SPD.
 - SPD includes MDD, bipolar disorder, schizophrenia, and some anxiety disorders.
 - 24 million US citizens have SPD.
 - Only 45% received any kind of mental health services; less than ½.
 - SPD was most common in age 18-25 years (18%), 26-29 (12%), >50 years (7%).
 - Suicide is the 12th leading cause of death in the USA.
 - Depression is associated with high comorbidity with other medical disorders (CHD, fibromyalgia, anxiety).
 - Depression is associated with high mortality.
 - residential / retreat help
 - out-patient treatment
 - education and radio
- how to receive help

- for individuals
 - ask – James 4:2 - ... ye have not, because ye ask not.
- for caregivers
 - be specific
 - give a specific phone number
 - give a specific name of an M.D. or therapist to call
 - give a specific Bible verse
 - do a specific chore
 - action now
- Conclusion
- Bible verses
 - I Peter 5:7 – Casting all your care upon him; for he careth for you.
 - Matthew 11:28 – Come unto me, all ye that labour and are heavy laden, and I will give you rest.
 - Matthew 23:37 - ...how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings...