SPIRITUAL SUPPORT CRITICAL FOR MENTAL HEALTH

What can faith give you that is not available with medication, nor endless counselling?

Faith in Someone greater than yourself is critical to developing the following:

* A sense if hope
* A reason for living
* Strength to cope with hardships
* Confidence
* Relief from anxiety, stress, and fear
* Ability to make sense of life
* Comfort during trials
* A source of peace and joy
* Strength to forgive ourselves and others
* Knowledge of being loved unconditionally