

# A Conversation About Getting Help

**Come to me, all of you who are weary and burdened, and I will give you rest. Matthew 11:28**

As Christian parents, it's important to recognize that seeking mental health support for our teens is not a sign of weakness but a testament to our commitment to their well-being. Approaching this conversation with empathy can create a space for trust and understanding. Begin by expressing your genuine concern and love, assuring teens that their feelings are valid. Share the notion that seeking professional help, along with turning to God in prayer, is a proactive step toward healing and growth. Consider incorporating Bible verses that emphasize God's love, support, and the promise of peace in times of distress. Remember, as we navigate these delicate discussions, we can rely on our faith as an anchor, fostering an environment where our teens feel heard, supported, and empowered to embark on their journey to mental wellness.

## ➤ conversation starter

I've been thinking a lot about your well-being, and I want you to know that I love you. Life can be challenging, and I've been considering the idea of finding professional support together. How would you feel about having someone else to talk to? Someone to offer guidance and support from a mental health perspective, while keeping our faith at the center of it?

I've noticed that things have been challenging for you lately, and I really care about your well-being. I was thinking that it could be helpful to talk to someone outside of our immediate circle, someone who can provide a different perspective and support. I know the idea of seeing a therapist might be a bit overwhelming, but what if we explore it together?

## ➤ navigating the conversation:

- **Approach with Love and Compassion:** Begin the conversation by expressing your deep love and concern for your teens. Let them know that your intention is to support.
- **Share Personal Experiences:** If you have personal experiences with seeking help or know someone who has benefited from professional support, consider sharing these stories. This can help destigmatize the idea and provide a real-life example.
- **Emphasize the Health Approach:** Highlight the importance of addressing mental health as part of a healthy well-being strategy. Share that seeking professional help aligns with the biblical principle of caring for our bodies and minds as temples of the Holy Spirit (see 1 Corinthians 6:19-20).
- **Integrate Scripture on God's Comfort:** Share Scripture that emphasizes God's comfort and presence during challenging times. This can reassure teens that seeking help is not a sign of weakness but a way to cooperate with God's healing process (see Psalm 34:17-18).
- **Collaborate in Prayer:** Invite teens to join you in prayer about the decision. Pray together for guidance, wisdom, and the strength to take the necessary steps toward healing.

