

MENTAL ILLNESS CAN MAKE US FEEL...

- 1. Like we are broken**
- 2. Alone and isolated**
- 3. Unworthy and worthless**
- 4. Abandoned**
- 5. Like promises are broken**
- 6. Hopeless**
- 7. Unloveable**

SPIRITUALITY REMINDS US WE...

- 1. Are whole and created in God's image**
- 2. Belong to God's family**
- 3. Have value and worth as a child of God**
- 4. Are always in God's presence**
- 5. Have God's eternal promise to not forsake you**
- 6. Can connect to hope through prayer**
- 7. Are loved no matter what by God's Big Blessed Love**

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