

You Are **Not** Alone

The Irreplaceable Series Ep.1



REAL LIFE
MINISTRIES

You Are Not Alone:

Watch the Irreplaceable Video Ep. 1

Video Review:

- What stood out to you from the video today?
- Was there anything you saw or heard in the video that was new to you?

The lie that is believed: No one will miss me

(This episode exposes the lie that the world would be better without them, that no one will miss them, that no one truly cares about them or likes them. Additionally, this episode emphasizes the need to be open and honest with others)

Never underestimate the gift of simply being there. Of being present. We don't have to have all the answers or be able to fix the person. Recovery looks different for different people. Sometimes recovery doesn't look like complete remission of the symptoms; it might look like the ability to manage them. A big part of hopelessness is feeling alone. A big part of therapy is just being in relationship. Relationships are often God's avenue for healing.

Battling the Stigma of Mental Health:

- How do you believe Stigma impacts our society? Share your answers with the group.
- What are some of the stigmas you have seen or heard that are associated with mental health/suicide?
- Can you think of a situation where stigma or fear of it might possibly get in the way of getting help?
- The myth: If I talk about suicide with my child, I might put the idea of suicide in his/her head. Do you believe this statement? Why or why not?
- Sometimes we are too uncomfortable to talk about suicide. Yet, as we dare to speak openly and compassionately about this difficult topic, we create a safe place where our children can begin to share their thoughts and feelings. Do you think the person you are helping sees you as a safe person to talk to? Why or why not?

Disclaimer: The videos and discussions around this topic are not intended to take the place of professional care. They are provided as a tool to increase understanding and a place to receive information and support. If you or someone you know is experiencing a crisis situation, please seek professional help immediately.

You Are Not Alone:

Trauma is a key issue when we are discussing anxiety, depression and suicide.

What is trauma:

“A powerful emotional response to a distressing event, such as war, an accident, the unexpected loss of a loved one, or abuse. Trauma can continue to cause both emotional and physical symptoms for many years after the event has occurred.” (Source: Therapist Aid, 2016)

Trauma and it's impact on the brain (watch the video below)

Childhood Trauma Video <https://www.youtube.com/watch?v=xYBUY1kZpf8&feature=youtu.be>

1. How does trauma impact a child's development?
2. How does trauma impact a child's thoughts?
3. Trauma for one may not be trauma for another- Trauma can be broadly defined...and impacts differently those who experience trauma. Can you think of something in your childhood that you viewed as a trauma at the time it happened, but seems less so now as you look back? If you are comfortable, share it with the group.
4. Do you have relationships in your life where you can open up and be vulnerable? It is important to model what we are trying to teach to others.

God designed us for relationship. You do not have to walk through this alone. We can all grow in Emotional Intelligence: Empathy, awareness, and active listening, but we need to recognize when it's time to reach out to available support from friends and/or professional support such as a Crisis Team or the Help Line.

ACE is a questionnaire that can be used to measure the level of trauma a child has been exposed to. It is a tool that may help you with your own understanding of the person you are helping. Please remember that this is just a tool, not a method of diagnosis.

ACE Quiz: Adverse Childhood Experiences: (copy the link below into your browser)

[https://www.cdc.gov/violenceprevention/aces/index.html?](https://www.cdc.gov/violenceprevention/aces/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Findex.html)
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