



Seventh-day Adventist® Church
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

Connecting for Health. Connecting for Life.

Inflammation & Depression

by Dr. Fay Kazzi Shanholtzer PhD, MS, RD

In this day and age, the world appears to be well versed on the varying topics of mental health. However, there still seems to be a disconnect when it comes to some of the leading mental health disorders, such as depression. Very much like the body, the mind can literally get sick. The mind manifests its illnesses through a myriad of ways, such as ongoing migraines, confusion, forgetfulness, brain fog, and slow or poor processing of information. One of the most complex and underestimated facets of mental health challenges is the deep, dark, and isolating state of chronic depression. In many cases depression goes unaddressed mostly due to its apparent non-urgency.

Let me try to put this in perspective. When a person shows up with a deep gash to the leg, blood everywhere, and writhing in pain we instantly recognize the severity of the situation and that this person is in desperate need of help. We can see the violent circumstance they're in and thus respond and sympathize accordingly. If a person walks in a room who appears to be young with a bald head, pale complexion, hunched over, and emaciated, it won't take too much for us to recognize their state, have our hearts go out to them, while trying not to make it so obvious that we know they have some form of terminal cancer. Our sympathies are there because we can "see" the sickness.



Mental health issues are so much more difficult to understand and treat because the manifestations, whether demotivation, sadness, fatigue, or despair, appear to be superficial in nature and easily manageable if one would simply "snap out of it," "control their thoughts," or "just get over it." Or so we think. But this is a serious problem into today's world. In fact over 150 million people worldwide are affected by depression and as a result it is the leading cause of losing healthy years of one's life as a result of disability (1).

*As a disclaimer, this article is not designed to minimize or undermine all forms of depression. There are life-altering circumstances and tragedies that can cause tremendous grief for prolonged periods of time that can lead someone to experience the full force of depression episodes, and these are of themselves not the type of depression we are referring to...

[click here to continue reading](#) or visit [NADhealth.org/articles](https://nadhealth.org/articles).



Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Take a moment to complete a variety of mental health tests from Mental Health America, [found here](#)



Raw Layer "Lime" Cheesecake

By Gemalli Austin, DrPH, RD

Spring into flavor with our tasty zesty Raw Layer Lime Cheesecake recipe!

Click image to get the recipe or visit nadhealth.org/recipes.

TOGETHER IN MISSION

UPCOMING EVENTS

Restored Resources:

The Adventist Church in North America has established numerous resources to help understand, cope with, and gain healing for mental health.



Journey to Wholeness

A Christian 12-step group to help anyone who is struggling with harmful thoughts, habits, behaviors, or addictions, [AdventistRecovery.org](https://www.adventistrecovery.org).



Seasons of Grief

Provide a peer support group for those grieving the loss of a loved one at seasonsofgrief.org.



Self-care Videos

Use these FREE videos to share the hope of joy and peace during your church service and events, [NADhealth.org/video-nuggets](https://www.nadhealth.org/video-nuggets)

More RESTORED Resources

Visit our website to access more of these resources: [NADhealth.org/restored](https://www.nadhealth.org/restored).

Nurses Appreciation Month

May, 2023

NAD Health Ministries and the Adventist Association of Faith Community Nursing launched the first annual "Nurses Appreciation Sabbath," May 6, 2023. If you missed this date, your church can plan for another time to recognize the service of nurses and other health professionals. Visit [NADhealth.org/aafcn/sabbath](https://www.nadhealth.org/aafcn/sabbath) for resources, also available in Spanish.

Health Sabbath

Sept 16, 2023

Start planning now for your church, school, or small group to participate in the annual Made to Move 5k.

Made to Move Virtual 5K

Sept 17, 2023

Start planning now for your church, school, or small group to participate in the annual Made to Move 5k. The NAD's Race Day is September 17, 2023, and you can plan your own local event. Shirts and participant medals are [available here](#). Participation generates financial support for Holbrook Indian School in Arizona.

May is Mental Health Awareness Month!

Adventist HealthCare Mental Help Support

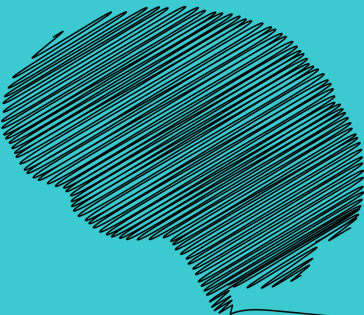
Adventist HealthCare Mental Help Support provides services such as: art therapy, music therapy, movement therapy, movement therapy, spiritual care, and much more. Call 1-800-204-8600 for details.

Suicide and Crisis Lifeline [Dial 988](https://988lifeline.org)

This lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones and best practices for professionals in the US.

Substance Abuse and Mental Health Services Administration

1-800-662-HELP (4357) is a confidential, free, 24/7, 365-day-a-year, information service in English and Spanish, for mental and/or substance use disorders. Find local treatment facilities, support groups, and community-based organizations.



WORDS OF HOPE

"When the mind of man is brought into communion with the mind of God, the finite with the infinite, the effect on body and mind and soul is beyond estimate."

-Acts of the Apostles, p. 126.1