

Download Christian Mental Health You Can Have Your Best Mental Health Today

Pine Rest Christian Mental Health Services offer behavioral and mental health services for all ages in Michigan and Iowa. Compassionate care for addiction, depression, anxiety, family issues and more. At times, it's hard to believe that over 22 years ago, I almost took my life due to depression. Being a black female and growing up in the 1960's where black people had way more to deal with than mental health conditions, mental health was never really discussed. Christian Chat is a moderated online Christian community allowing Christians around the world to fellowship with each other in real time chat via webcam, voice, and text, with the Christian Chat app. Mental health refers to our cognitive, behavioral, and emotional wellbeing - it is all about how we think, feel, and behave. The term 'mental health' is sometimes used to mean an absence of a ...