

Transcript

KTIS Announcer

You're listening to a night of hope and healing. On 98.5 ktis.

Pam Lundell

I'm Pam Lundell and doctor Melissa Mork from University of Northwestern. Professor of psychology is my Co host. You so much for being here.

Dr. Melissa Mork

Oh, I'm so honored and privileged and blessed to have been invited.

Pam Lundell

Can you just? Feel the Holy Spirit just rolling through.

Dr. Melissa Mork

Oh yeah, my. Oh, my word. It's it's almost palpable.

Pam Lundell

During that break, we stepped out into the call center, where our friends from Rockbridge Counseling and Cairo's family therapy, Christian based mental health counseling organizations taking phone calls. Is on the phone. They will get to you. On. You're off the phone answering questions. Praying. I loved one of our friends who just talking to me and she said, by the way, Pam Pastor Gates called and he said he wanted to talk to you, but we didn't have time. Just want to give a shout out to Pastor Gates and said thank you for doing this tonight.

Dr. Melissa Mork

It's so exciting.

Pam Lundell

And she just said I got to go. The phones ringing she goes. Hello, darlin. How can I help you?

Speaker

Yes.

Pam Lundell

After saying ktis, you know hope and healing is a night of a lot of hope and the beginning of a. A lot of healing and now a tough subject to talk about. And I will let you take the lead on that.

Dr. Melissa Mork

Yeah, I I wanted to talk about suicide and suicidal ideation. A very it's a desperate story and it's so stigmatized. Find that so many people are reluctant to. Talk about. Reluctant to call for. Reluctant to seek help and reluctant to talk about their losses related to suicide when they've lost somebody to this and. I just want to encourage those who are listening, who are struggling with. Suicide. But there is. There is healing that this does not last forever. This despair, this numbness, this this emptiness and meaninglessness, there is hope. There are skilled people who can help you who are trained in helping you with this. And that you don't have to suffer alone.

Pam Lundell

988 is the number to call if you are. Crisis, not this number. We are here to to put you in the right direction and give you hope in that way.

Dr. Melissa Mork

Exactly.

Pam Lundell

If it is an emergency, definitely 988 and you can text that as. You can or call either way now, and if this is a situation that your family has been in and you've lost a loved one, our hearts just break for you when break breaks for you. Unbelievably, and if there's someone that has been maybe talking about something like that, reach out for that help. And again, I go back to when I was in, you know, deep grief. And at the point I didn't think.

Dr. Melissa Mork

Uh.

Pam Lundell

I was having any. Hens at the time, but I do remember and I've talked to a lot of other widows since then through my middle podcast and widows heart. A lot of them. Kind of. Get foggy and you get these weird thoughts and it's like I know John's in heaven. And I'd like to maybe be there with him, and if I just walked out into traffic, I mean, This is why we're not inviting children to to listen, you know, tonight. I'd be there too, you know. Luckily at that point in time, I had a great Christian therapist who was really just, oh, my goodness, a a lifeline. And that's why it's so important to get your own lifeline.

Dr. Melissa Mork

Exactly. And if you suspect. Somebody is entertaining thoughts about. Please call the warm line and get their assistance in determining whether they're your loved one is at risk.

Pam Lundell

Yeah. 651-631-5000. Caring, compassionate volunteers from our partners, Kairos family therapy in Rockbridge Counseling are ready to take you by the hand and lead you to the help that you need. A 98.5 ktis a night of hope and healing and a lot of that is happening, guys.

KTIS Announcer

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Pam Lundell

So many already checking. We hope you feel comfortable to do that because you are surrounded by a family of faith and love and professionals from Rockbridge counseling and Cairos family therapy. Ruth Granbush is clinical director and. Rose and let's start with the name and tell us about. You do.

Ruth Granbush

For the name and the meaning, it has the meaning behind. So there's Chronos in Greek which is chronological time, and then Kairos Chaz. Biblical background and meaning. And it means the writer opportune moment, moment in time in which an event or significant happen. Transformative moment in a life changing moment. That's really the roots of of Cairo believing that. With. Integrating God and. It can be transformed have in somebody's mental health journey and therapy.

Pam Lundell

The combination of Christianity. And a mental health expert, I think is just an incredible combination.

Ruth Granbush

It really takes somebody with some training and understanding. That can help facilitate the process. Just because it can be complex, but it's completely treatable. You know, God really designed us to have emotions, to have feelings and to be able to move. Through them. And so just understanding how people are wired and that wiring and the body and how he can hold it in her body in different ways and to be able to have different techniques because there's all different types of therapy, whether it's talk therapy. Emdr brain spotting. There's lots of different training. That our folks go through to help people heal.

Pam Lundell

And Ruth, tonight, of course you can call 651-631-5000 as we are hearing live on a night of hope and healing. And what would you say to the person? Who knows that they? They want to make that call, but they're just not quite ready to do that.

Ruth Granbush

Make the call. That's really the first step, and they'll be met with kindness, love. We all have struggled and really the first step is reaching out and and taking that step and then we can take it from there and help connect.

KTIS Announcer

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Pam Lundell

You know, tears are prayers too. They speak to God when you can't. I saw this on a chalkboard recently in a gift store and I had to look it up so I could get it right. By the way, I'm Pam Lundell with doctor Melissa Marcus.

Dr. Melissa Mork

Hi. Hi there.

Pam Lundell

I'm so glad you're here, girlfriend. A night of hope and. And so much is happening and so many are calling for resources at 651-631-5000. If someone is telling you your suffering would end. If only you are a better Christian. That message is not from God. I mean. God will not abandon you in your trials, no matter what you are going through. Nothing can separate us from God's love. Mental illness can feel like an attack from hell itself, but regardless of how you may feel, it can't drive God away from you abandonment. Is not in God's nature. So reach out.

Dr. Melissa Mork

Preach.

Pam Lundell

Reach. Grab that hand comes in the form of 651-631-5000 or online at myktis.com. Man, we've got some incredible. Souls, Christians, counselors, therapists, Rockbridge, counselor and Kairos therapy, who have done some mighty ministry already. They're waiting to help you. Tonight we're here till 9. But I guess you know and Ben Holson, my boss is here and he says that's a soft stop. Going to be answering phone calls until. The phones stopped ringing tonight and thinking of that, if you're in that area of pain.

Jeremy Camp

I.

Pam Lundell

When when do you know when I need to find help?

Dr. Melissa Mork

Yeah, that's a great question.

Pam Lundell

Can you and and if you're if you're, if you're that deep in a depression you can't get out of bed and that's. Heard stories. You know, I just lay in my bed for three days straight.

Dr. Melissa Mork

Uh.

Pam Lundell

Yeah. How do you make that decision to do that?

Dr. Melissa Mork

Yeah, chin up, because it doesn't mean that you actually have to drag yourself to a clinic. We have telehealth now that you can actually access help through your computer screen. Can access help through text? There's a lot of different options out there, but. It's time to look for help when you are in such distress that you cannot function, you cannot do what you. You feel you must. You can't parent the way you want to parent or you can't work to the level of productivity you would like to. And like Ruth said, in just a few minutes ago, I think that making that first call, that first appointment is the bravest thing you can do. And once you make that call for an appointment, then the therapist takes you by the hand and leads you through the rest of it.

KTIS Announcer

You know.

Pam Lundell

And you can almost weep for joy when you make that phone call. I've seen tears and I've seen prayers out here. Because it's like, wow, I don't have to carry this all by myself.

Dr. Melissa Mork

Exactly. And it's such a spiritual concept that we were designed for one another.

Speaker

Oh.

Dr. Melissa Mork

So many passages about one another. And a therapist can be one of those. To step in and walk alongside you in your pain.

Pam Lundell

Brian shared his story and I love that you were so brave to let us share this Brian a little bit about how he walked through this.

Brian

I found this new therapist who incorporated spirituality. The into psychotherapy. He guided me through two particular exercises that I really remember that I don't think we're in and of themselves. Thing that changed my trajectory. They were definitely. One was to go back into my history. And to think and write of all the times with evidence when I was a failure and the piece of paper was pretty empty.

Speaker

Hmm.

Brian

It was powerful. The other. He asked me to do was to write a letter to me. Jesus to. Have Jesus tell me. Where he thinks about me and my life, I still have that letter and I need to go back. Read that.

Speaker

I.

Pam Lundell

I think we all need to sit down. And write ourselves one of those. Indeed, reach out 651-631-5000. That Amazing Grace is yours right now at 651-631-5000. You can also text follow to 41224 to learn more about Jesus.

Speaker

I.

KTIS Announcer

You're listening to a night of hope and healing. On 98.5 ktis.

Pam Lundell

We're so glad that you're here. You're listening. That maybe you've been able to step out for the first time and help yourself or help a family member or a loved one. You've just been praying and crying and and just wondering what is going. Well the the help is here resources at 651-631-5000. You can also text that number 651-631-5000. And we will get right back to you. And sometimes doctor Melissa Mork is with me tonight. Professor and Doctor of Psychology at University of Northwestern. And the texting is really valuable, isn't it?

Dr. Melissa Mork

Really is, I think. I mean, we maintain many of our relationships through text, through social media, through, you know, just digital means.

Speaker

Studio.

Dr. Melissa Mork

So sometimes it feels easier. To Share your story and to share your emotions to the screen than looking somebody in the eye, and I find this especially true for young adults and adolescents. The texting sometimes feels safer because of the anonymity behind the screen.

Pam Lundell

We were talking a little bit too about sometimes there's there's so much. Shame involved you. Can you speak to that?

Dr. Melissa Mork

Yeah. And I think we as Christians are in the church. Are guilty of creating greater stigma around mental illness because. Because we. We'll give these kind of false guarantees that if you have enough faith, your mental illness will go away. Symptoms will be. Or if you, if you confess that sin and root it out and repent of it, your your mental illness will go away. But I would think I I think that sometimes it isn't. A result of the fall, of course, but also. Maybe it isn't my sin. My. Maybe it's that I was sinned. Maybe my post traumatic stress disorder is because I was sinned against and was victimized, and so is it the result of sin? It's the result of the. Satan wants to kill, steal and destroy. But is it my fault? It's not anymore your fault than your. Poor eyesight or your.

Pam Lundell

Right. Asthma. And you said earlier and and and and said it so well again, you know I do. I have light asthma and I'm. I could have worse, worse health health problems, but I go to the doctor and I get my inhaler and I get my medications and you know, if you have fallen arches. Go get some arch supports. So it's it's it's easy to do and. Very common mental health issues, very common and we would love to help you. Along that path to healing and to help. And we understand now you can text and call 651-631-5000 a night of hope and healing on KTIS. That is you. That is me. A child of love. I can see it just raising your hands in victory. I hope you are. Hope you're finding that hope and night of hope and healing at 98.5 KTIS with a spotlight on mental health. You know, the darker it gets, the brighter your light shines. And if you know someone in your life, as I said earlier, you know. This if you see something, say you see something, do something. Thing do you need help? Can I help you? Let's call 651-6315. You can also text if it's easier, 651-631-5000, Kairos of family therapy and rockbridge counseling, both Christian based counseling organizations are here to pray with you to help you point you in the right. Doctor Melissa Mork is here, and a lot of times people find it hard, especially as Christians go. OK, therapy. And now they want me to take medication. Do I deal with that?

Dr. Melissa Mork

Yeah, we are. We don't want to be dependent on medication. None of us do for any kind of medication, but sometimes it is necessary because. We're talking about. It is a mental illness, just like any other illness, and sometimes medication is going to be what is going to stabilize us so that therapy actually works. I use the analogy If I break my leg, I don't hobble around on one leg or require my family to carry me around from the kitchen to the bedroom to the living room. I go to the ER. Get a cast put on and that stabilizes. That's what medication does for my mental illness. And then? After I get that cast off, I go to physical therapy to strengthen it. That's what therapy does for mental illness as. So there's there's no shame in taking medication for your diabetes or your heart disease or your depression if it's going to stabilize you so that you can do the good work of therapy. And if it's going to stabilize you so you could be a better parent, a better.

Speaker

This.

Dr. Melissa Mork

And have a deeper relationship with. Because you're not in such crisis. Then why not take the therapy?

Pam Lundell

Can we jump to what I'm thinking about medication. I'm thinking about your child. You're worried specifically about your small child elementary school.

Speaker

Mm.

Pam Lundell

Middle school so much that they deal with that. We read about and hear about. And. What advice do you have?

Dr. Melissa Mork

You know.

Pam Lundell

And what should they look for?

Dr. Melissa Mork

That's such a great. You know, children don't have the vocabulary that we adults. They cannot name their experiences like your 6 year old isn't going to come up and say, mother, I'm experiencing some existential angst. They are going to do is they're going to have tummy aches and headaches and joint pain.

Pam Lundell

Hey.

Dr. Melissa Mork

Children tend to manifest their symptoms of mental illness physically because they don't have the words to talk about it. Adolescence tend to pull away. Get quiet. So look for what makes. What is different about their behavior? If you're noticing signs, it might be a mental. So the pediatrician has ruled out anything else. There's no reason for the joint pain the tummy. Headaches. Maybe. Take them to see a play therapist or child therapist also.

Speaker

Down there.

Dr. Melissa Mork

Sometimes Children Act out because of their mental health symptoms and acting out, you know, we. Sometimes we'll just assume that it's a disciplinary issue, but if a little child is suffering from juvenile diabetes, we don't say, well, what that child needs is a good spanking. We immediately take them to the doctor and get that treated. I think the same is true for the. Who is acting out and if if discipline isn't? Helping then maybe it's a deeper issue that could get looked at by a child therapist.

Pam Lundell

Thought. Doctor Melissa Mork, by the way. Her podcast is called Mental Health with Doctor Melissa Mork, and it is such a thoughtful in. Look at mental health from a Christian worldview, and I'd love to have you check it out at myktis.com and right now phones have just been buzzing with hope. On this night of hope and healing at Ktis. Text 651-631-5000. For I know the plans that I have for you, declares the Lord, plans to prosper you and not to harm you. Plans to give you. Hope and a future from Jeremiah and I hope that you take that message and run with it and we're going to see you through it at 651-631-5000. So you can declare that victory.

KTIS Announcer

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Speaker

I.

Pam Lundell

If you or a loved one family member, maybe it's one you work with has questions about mental health, or you're concerned about them, we can help right now at myktis.com on the KTIS live.

Speaker

I.

Pam Lundell

App or you can text or call. Right now, 651-631-5000, where we have wonderful compassionate folks from Kairos family therapy and Rockbridge counseling with those resources live right now, 651-631-5000. Stories telling and stories sharing so important as. Jeremy Camp wanted to share his story of panic attacks and anxiety and what led him to write one of his most incredible songs that you'll hear in just a moment.

Jeremy Camp

Five years ago, I remember I just was going to this time where everything to me was overwhelming. I got to the place where my hand started shaking a ton, and I'm like, what's happening, you know? Am I doing? So I remember that night trying to sleep and then thinking something bad and someone's going to break in. And I had this panic attack. Tonight my body started convulsing in a sense where my body was shaking. I couldn't breathe. The next day my family went out to the grocery. I was by myself and I felt this weird welling up inside of me of panic. This panic turned into where I couldn't. And. On the ground. Trying to breathe and I'm. I called my wife and like I need you. Need you. Right now, and it's feeling of just hopelessness. What do I? I've never experienced this before. So she came home and she's praying for me and this. Now I'm going through probably a couple weeks where I couldn't go outside. I couldn't get. Out of. I remember having these irrational dark fears. Is there a God? I said God, what is it like? Tell me. And literally he spoke to me and said I'm not trusting him at all. I wasn't trusting God at all. I love the scripture that we all know. Proverbs 3, five and six. Trust in the Lord with all your heart. Lean not on your own understanding and. All your

ways acknowledge him and he will direct your path. Once I finally said, God forgive me, I trust you. Like that verbal. Trust you. That weight lifted off of me and there was a freedom that I've never felt before of just going, no matter what happens, even if the worst thing happens. God, I know I can trust you.

KTIS Announcer

You're listening to a night of hope and healing on 98.5 ktis.

Pam Lundell

This is listening to that song by Jeremy Camp. Heart and hearing the story behind that it just heard it in a whole new way. Did you?

Dr. Melissa Mork

I did.

Pam Lundell

It's great. Hey, I'm Pamela Dell, along with Doctor Melissa Mork, professor of psychology at the University of Northwestern, and here at KT. S You are front and center. Hope and healing. Mental health is what we are focusing on. Just shining God's light and it's not to be hidden because there is help and there definitely is hope and what's happening you can call. Where you can text 651-631-5000 and we have all about 1/2 a dozen. Of the most amazing souls.

Dr. Melissa Mork

Oh man. Alive. Are they ever I?

Pam Lundell

Have you been doing some eavesdropping?

Dr. Melissa Mork

I've been listening in and I'm so impressed by their wisdom and their good counsel.

Pam Lundell

Yeah. And what's happened is they are going to just grab you and give you a hug right through that telephone and help you find the right resource and as. This was news to me. Earlier, when we were talking, you think about therapy. Have to go sit on a couch somewhere. That's not. There are so many different types of therapy for different things that are happening. And they're not your fault.

Dr. Melissa Mork

It's so mental health, mental illness, so common. It is so common. It is so real and it is treatable. And the thing with therapy I do want to say it isn't easy. Therapy is not easy.

Pam Lundell

You got to do some work.

Dr. Melissa Mork

It but it's good. Mean you? You can't hope that you'll get strong, you know, tight abs by thinking about exercising.

Pam Lundell

What?

Dr. Melissa Mork

You have to do the hard work.

Pam Lundell

Cast the ice cream.

Dr. Melissa Mork

But you have to do the hard work and sometimes. You're going to be stirring up some unpleasant emotions and some unpleasant experiences, but that's necessary. To come out on the other side is hard, but it's so good for you.

Pam Lundell

For that person, and that's a question I, you know, like to ask too. That that's listening right now going, you know, I can't even. Even get off the couch. I haven't left my house for days and.

Jeremy Camp

Mm.

Pam Lundell

The negative thoughts and it's the enemy speaking to you, definitely.

Dr. Melissa Mork

It is. It is. And like I said before, making that first appointment or making the call here or texting these numbers is the bravest thing you can do. From then on out, the therapist is going to help you be brave.

Pam Lundell

And it was just stealing the call center. Lauren had a. I mean, they've been constantly on the phones. I mean, God is doing incredible work tonight here at KTIS and Lauren said she just had tears in her eyes and she just got off the phone and she had talked to a woman. Who needed help with the type of therapy that Lauren specifically does that she offers? And she. She was breathing hard and stuff, and by the end of the phone call. Were praying. There you go. It just turned the stunt. I would never cease to array amaze me is what I say. Well, I can't believe how fast time has been going. I think we're going to chat one more time here, but we will be here for you at 651-631-5000. Until the calls. But the help won't. It's at myktis.com. There is a banner right across the website that

says hope and healing that has all of those resources on there as well. So we hope that well, there's still time that you will call, make that important decision and step out in faith 651631. 5000.

KTIS Announcer

He loves people. Yes.

Pam Lundell

He does.

Speaker

I.

Pam Lundell

Amen. 651-631-5000 call or text on this night of hope and healing for connection to resources for mental health. That's the focus tonight at 98.5, KTIS. So many miracles have already taken place and my friend, Doctor. Melissa Mork has been with me all. Long. I'm Pamela and tell. And we have seen God at work here, haven't we? Have amazing and and just discussing different you know we.

Dr. Melissa Mork

Yes, mommies.

Pam Lundell

Touch the whole thing on mental illness because there are so many different areas, but you can bring your questions to the experts who are answering those phones. And we were talking during the break about about trauma.

Speaker

I.

Pam Lundell

And things that people just you know have. Tamp. Maybe they don't even know that's causing their behavior or what's happening. With them, but also the shock and the trauma of grief. The question came to my mind is, is grief a form? Grief, a form of mental illness.

Dr. Melissa Mork

No, no. I mean there's that.

Pam Lundell

Sounds weird to ask that, yeah.

Dr. Melissa Mork

Yeah. No, but I think I think they are so similar. They're so similar.

Pam Lundell

When it began.

Dr. Melissa Mork

Are. You know, they have physiological symptoms like headaches and sleep disturbances and appetite changes. And all of these things, though, so they're similar that way, and they're similar in that there's. Emotional dysregulation and intense emotions and deep sadness. And it can change your identity, your sense of self. But the difference between them is while both of them are experiences of ruminative loss. With grief, we know what we've lost. With depression, we're not quite sure. And another thing I think is with this loss. While both are the loss of a loved one. Grief is the loss of somebody else and with depression it's the loss of the self. So I think that we sometimes will see a therapist for our grief, but grief can't be medicated. Is something that has to be. Through and can a therapist help you? Absolutely.

Pam Lundell

The.

Dr. Melissa Mork

Cameron.

Pam Lundell

I'm raising my hand as we talked about before, but there is a point too, and you and I have talked about this on both of our podcasts. Doctor Morks is a mental health with doctor Melissa Morgan, and mine is a widows heart that at some point there's a.

Dr. Melissa Mork

Hmm.

Pam Lundell

Where if you not, you don't move. Through, but you move forward if you're not moving forward.

Dr. Melissa Mork

Mm.

Pam Lundell

Please I am asking you to please call 651-631-5000 and ask for that help because wow open. Doors opens hearts.

Dr. Melissa Mork

And grants you freedom.

Pam Lundell

That's.

Dr. Melissa Mork

Yeah. So if you're stuck, call for help.

Pam Lundell

And one more time speak to that person who has yet to make that call or text at 651-631-5000. In these last moments.

Dr. Melissa Mork

My friend, there is hope. Mental illness is real. It is common and it is treatable, and if we find someone. Therapist who can walk alongside us through this. There's definitely hope and healing.

Pam Lundell

And as it says in Romans chapter 15, May the God of Hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. And that hope is right here at 98.5. TIS hope and healing. Continues for the next oh, whenever the whatever the phone calls stop at 651-631-5000. He's going to make a way for you. And that's a. God bless you. We love you.