

Theme 2: Personal and Emotional Well-being (Nairobi)

What is the role and place of the church in Nairobi in responding to the crisis of Personal and Emotional Well-being?

- **Mobilise Resources:** The church should mobilise both financial and material resources to cater for the personal and emotional well-being of affected individuals.
- **Mental Health Awareness:** The church should sensitise communities on mental health and psychosocial support, encouraging people to accept help and acknowledge that it is okay not to be okay.
- **Biblical Guidance:** The church should disciple its members, using the Bible as a source of answers for life's issues, including personal and emotional well-being.

2. What are three practical steps that the church in Kenya can take to respond to the crisis of Personal and Emotional Well-being?

- **Provide Temporary Shelters:** The church should open its doors to provide temporary shelter and homes for those affected by crises, such as victims of violence or displacement.
- **Offer Prayers and Empathy:** The church should offer emotional support through prayers and empathy for individuals undergoing personal struggles.
- **Counselling Services:** The church should provide counselling services to those affected emotionally, offering professional help where possible.

3. What are three practical steps that your church community can take to respond to the crisis of Personal and Emotional Well-being?

- **Resource Mobilisation:** The local church community should gather resources in cash and kind to assist those in need, addressing their immediate physical and emotional requirements.
- **Open Homes to the Affected:** Church members should be encouraged to open their homes to accommodate people facing personal and emotional crises.
- **Engage in Mental Health Discussions:** The church community should participate in multi-stakeholder discussions on mental health and emotional well-being, partnering with organisations that provide support in these areas.

