

# EFFECTS ON THE BODY



## DEPRESSION

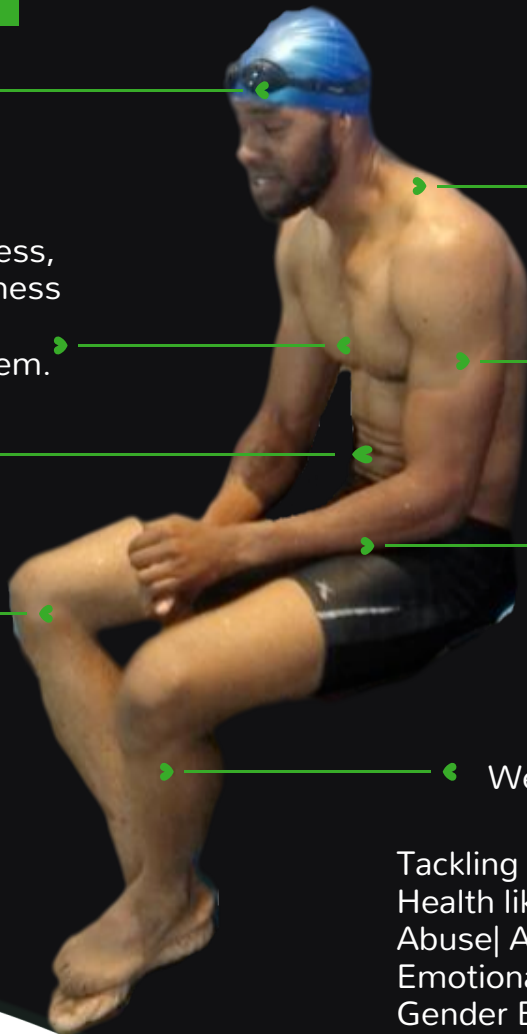
Migranes, Fatigue,  
Suicidal disposition,  
Insomnia.

Persistent sadness,  
Guilt, Hopelessness  
Heart Disease,  
Breathing Problem.

Diarrhea, Costipation,  
Lack of interest in  
activities you once  
loved

Inflammation,  
Joint pains

Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices.



Back pain, Heavy  
sholders, Weakness,  
Aches & Pains.

Nausea,  
Weight loss or  
Gain (usually  
from changes in  
eating habits)

Loss of Libido,  
Decreased Sex  
Drive, Sexual  
Self-Esteem,  
Sexual dysfunction

Weak, No stability, No stamina

Tackling on issues around Men's Health like Addictions | Alcohol & Drug Abuse| Anxiety | Depression | Emotional, Physical & Sexual Abuse | Gender Based Violence | Hopelessness | Stress | Spiritual Blindness using various mind renewal skill development activities.

We Heal, Teach, Educate, Preach,  
Mentor & Inspire Men in Africa.

LETS TALK ABOUT CHRIST IN

# MENTAL

# HEALTH AWARENESS

Be Strong And Of Good Courage; Do Not Be Afraid, Nor Be Dismayed

**HELP LINE**  
0812913193

[www.deliveryroom.org](http://www.deliveryroom.org)



**SPIRITUAL AND MENTAL HEALTH CLINC**  
WE OFFER IMPARTIAL AND CONFIDENTIAL ADVICE