

keep  
going



your story isn't over.

HH x MH collection

You probably have this booklet in your hand because either you are struggling or someone you love and care about is going through a difficult season.

First, we want to encourage you with these **truths...**

**This season will  
not last forever.**

The darkness will lift.  
Light will prevail.  
There is hope.  
Healing will come.  
Your story isn't over.  
Your pain has a purpose.  
It's going to be okay.

**You are not alone!**

Life is hard.  
And sometimes it's so  
overwhelming that it  
seems like nothing will  
ever get better.

**But... God!**

We have walked through  
dark seasons of anxiety,  
depression, panic attacks,  
and grief.

**But... God!**

We have learned so much  
and continue to learn how  
to navigate mental health.

This booklet is what  
we have learned so far.  
We share a lot more through  
our podcast as well.

**We love you and  
we're here for you!**

Erin & Jill

your life has  
**purpose.**

Before you were born,  
**God had a purpose  
for your life.**

He created you on  
purpose, for a purpose.

Before I formed you in  
the womb **I knew you,**  
before you were born  
**I set you apart...**

Jeremiah 1:5

you are **seen**.

you are **heard**.

you are **known**.

you are **loved**.



Oh LORD, you have  
**searched me** (thoroughly)  
and have **known me**.  
You know when I sit down  
and when I rise up  
**(my entire life,  
everything I do);**  
You **understand my  
thoughts** from afar.

Psalm 139:1-2

you're **not**  
alone.

The LORD himself goes  
before you and will be  
**with you**; He will  
**never leave you**  
nor forsake you.  
Do not be afraid;  
do not be discouraged.

Deuteronomy 31:8

**it's okay**  
to not  
be okay.

**God loves you!**

He knows what you're  
going through.

He knows you're not okay.

Go to Him with everything!

You can trust Him.

**He will make a way where  
there seems to be no way.**

You're going to be okay.

it's **brave** to  
ask for **help**.

It's okay to need **help**.  
It's okay to need **counseling**.  
It's okay to need **medication**.  
It's okay to need **doctors**.  
It's okay to need **support**.

Ask for **help**.  
Ask for **support**.  
Ask for **prayer**.

you can't  
**heal**  
in isolation.

we need  
**each other.**



It's okay to reach out to  
someone and admit that  
you're not okay.  
That you can't do it  
on your own.  
That you need help  
& support.

**You're not meant to  
struggle alone.  
You're not meant to  
struggle in silence.**

**choose**  
your hard.

Are the choices you're  
making going to lead to  
**more hurt** or  
**more healing?**

Choose the hard that  
**leads to healing!**

look for  
**evidence**  
**of healing.**

Healing is...  
choosing to **live** another day.

Stepping out in **faith**  
in the midst of fear.

**Coming out of hiding.**

**Letting people into  
your pain.**

**Refusing to give up.**

It's found in **tears & laughter;**  
**joy & pain.**

Healing is in **every breath**  
you take.

Ultimately, healing is  
found in the **Healer!**

you are  
**healing.**

God is always at work  
in your life.

Even when you can't  
see it or feel it.

Even when He seems  
distant.

Even when it seems like  
everything is falling apart.

He is working it all  
together for your good.

**You are healing!**

**breathe...**  
one moment  
at a time.



Every breath and  
every moment  
are a **gift from God!**

No one knows what  
tomorrow holds.

But when you know the  
ONE who holds tomorrow  
you can trust Him  
with this moment...  
and **every moment.**

just **be.**

Stop striving and  
trying to fix yourself.

**Just be...**

**Just as you are.**

It's enough.

God's got you!

He loves you so much  
and He'll take care of you.

feelings  
**aren't** facts.

**Your feelings are  
important.**

But... feelings come and go.  
Feelings often change based  
on our circumstances.

And although your feelings  
are real, what you're feeling  
isn't always true.

Feel what you feel,  
but don't let your feelings  
define who you are or  
who God is.

live based on  
**what God sees**  
in you.

If you see broken,  
God sees **beautiful**.  
If you see worthless,  
He sees **worthy**.  
If you see pain,  
He sees a **purpose**.  
If you see a burden,  
He sees **loved**.  
If you see heartbreak,  
He sees **healing**.

When you see all  
that you're not,  
**God sees all that you are.**

Live by what God says about you.

you're  
**worth** it.



You don't have to work  
for your worth.

Even if you don't see your  
worth, Jesus does.

He died for you because  
He thought you were  
worth it...

Worth **loving**.

Worth **living**.

Worth **giving His life for**.

there's always  
a reason to  
**hope.**

Yes, my soul, find rest  
in God; my hope  
comes from Him.  
Truly He is my rock  
and my salvation;  
He is my fortress,  
**I will not be shaken.**

Psalm 62:5-6

your **life**  
matters.

**You** matter.

Your **feelings** matter.

Your **pain** matters.

Your **healing** matters.

Your **story** matters.

Your **life** matters.

your  
**mental health**  
matters.

Your mental health is  
just as important as  
your physical health.

Just because someone can't  
see the struggle on the outside  
doesn't mean it's not real.

**Your mental  
health matters.**

Take care of your **mind**  
just as much as you take  
care of your **body**.

**God  
loves you...  
and He won't  
change His  
mind.**



There is nothing you could  
ever do that would change  
God's mind about you.

**You are not too far gone.**

**You are not out of His reach.**

**You are not a lost cause.**

God loves you... all of you...  
and He won't change  
His mind.

God can do  
**immeasurably**  
**more**  
than all you  
could ask  
or imagine.

There's no mistake God  
cannot **redeem**.  
No wound He cannot **heal**.  
No stronghold He  
cannot **shatter**.  
**Your pain is not too  
much for God.**

Now to him who is able to do  
**immeasurably more** than all we ask  
or imagine, according to his power  
that is at work within us, to him be  
glory in the church and in Christ  
Jesus throughout all generations, for  
ever and ever! Amen.

Ephesians 3:20-21

you are  
**needed.**

God created you.  
He had a purpose for your  
life before you were born.  
He doesn't make mistakes.

**This world needs you!**  
The YOU that God loves,  
sees and knows.  
The YOU that you are,  
not the one you think  
you need to be.

**BE YOU!**  
We need you!

your **story**  
isn't over.

**This is not the end  
of your story.**

Not the pain.

Not the heartbreak.

Not the sickness.

Not even death itself.

No matter what you're facing,  
this isn't the end of your story...

because there is an

**immeasurably more God**

who has an amazing plan

for your life!

your life is  
**worth living.**



You are **valuable**.

You are **loved**.

You are **important**.

You are **needed**.

Your life is worth fighting for.

Your life is worth living.

**Your life matters.**

**KEEP  
GOING**

**Keep holding on.**

No matter how deep the  
darkness.

No matter how painful  
the circumstances.

No matter how much you  
want to give in and  
give up the fight.

**Keep going.**

**Your story isn't over!**

**Because with God it never is.**

**You're in His story forever!**

This booklet is a part of the  
**Hunter's Hope - Mental Health  
Collection**

Our prayer is that you will be  
encouraged to share  
your mental health journey,  
your own story...  
One that can make a difference  
today for someone who is  
fighting for their tomorrow!

Listen to our podcast & learn more  
about the Hunter's Hope Foundation:  
**[www.huntershope.org](http://www.huntershope.org)**