

Mental Health Friendly Churches

Is your church ready?

Dr Rob Waller

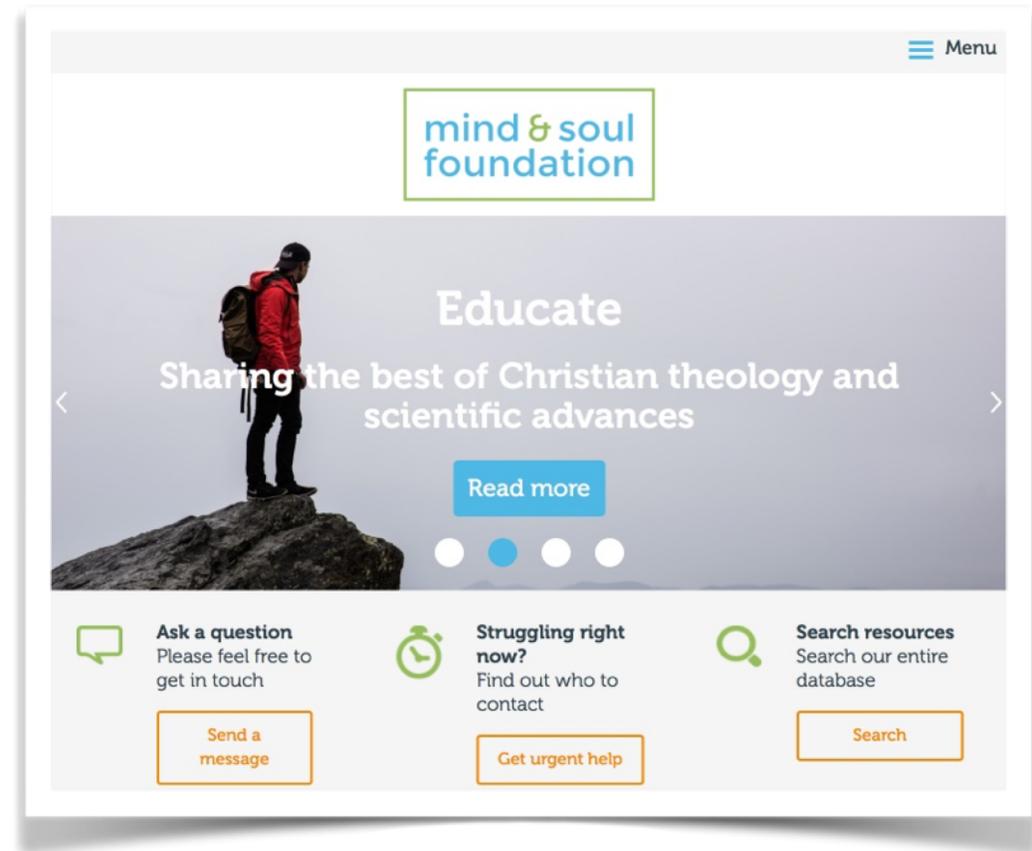
The Mind and Soul Foundation

mindandsoulfoundation.org

To [Educate](#): Sharing the best of Christian theology and scientific advances

To [Equip](#): Helping people meet with God and recover from emotional distress

To [Encourage](#): Engaging with the local church and mental health services



The Mental Health Access Pack

A bite-sized resource for your church...

Mental Health **ACCESS** Pack

Helping the church support those struggling with mental health issues

Home About Common conditions Caring for people Practical tips What the Bible says Endorsements

Mental Health **ACCESS** Pack

Helping the church support those struggling with mental health issues

Tip sheet

Accessing help

Working with CAMHS (Children and Adolescent Mental Health Services)

Mental health and learning disability

Forms of counselling

Being sectioned

Signposting index

Forms of counselling

Caring conversations help family. It's been said that wise people turn their c 'therapeutic' community cost anything and will n shame in this, there are therapist is both necess seeing someone who y very helpful.

People can choose to s any reason, even if they spiritual direction, life a describing some types **on counselling for dis**

Person-centred (gen

This broad term covers Change comes from giv

Home About Common conditions Caring for people Practical tips **What the Bible says** Endorsements

Medication and faith

Suffering, healing and mental health

Mental health and spiritual influences

Medication and faith

If you had diabetes, you wouldn't worry about telling people you were on insulin – but why is it that we're afraid to tell people we're taking antidepressants? Is it because we're worried we'll be seen as weak, fragile, even stupid? And in a church, will we be told we don't have enough faith; that we need to pray or study the Bible more?

Some people have indeed received responses like this – as if it had not occurred to them to pray about the distress they were in! Yet the reality is that for these people, medication was what saved their lives. It held their families together; it allowed them to keep their jobs; it kept them sane (sometimes literally).

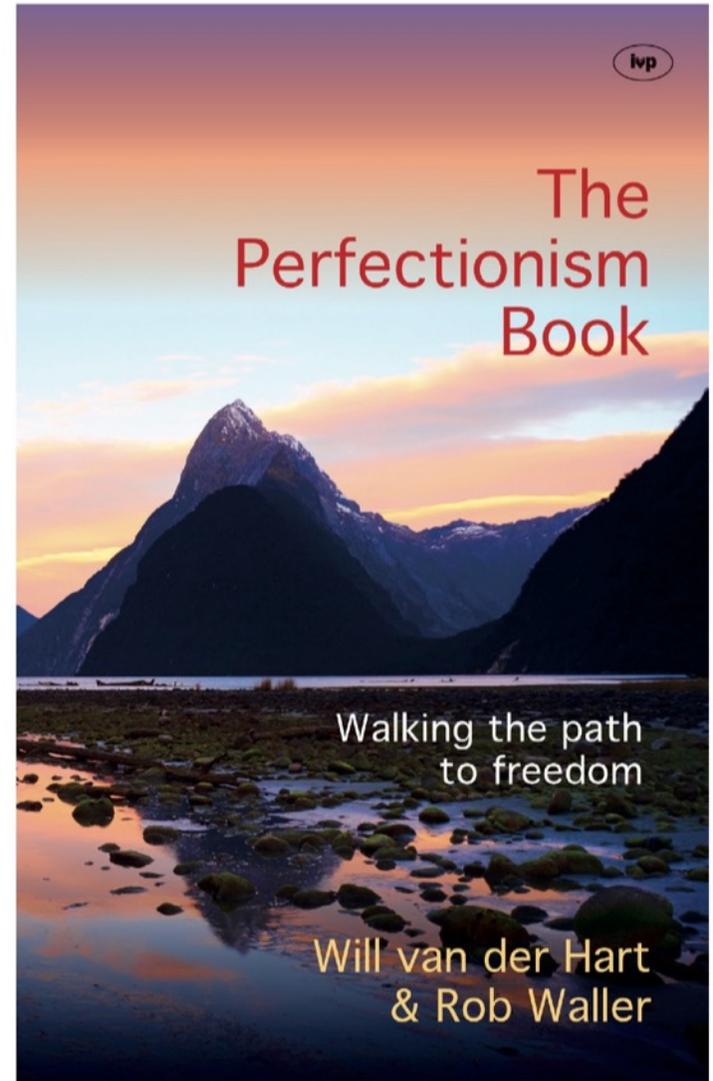
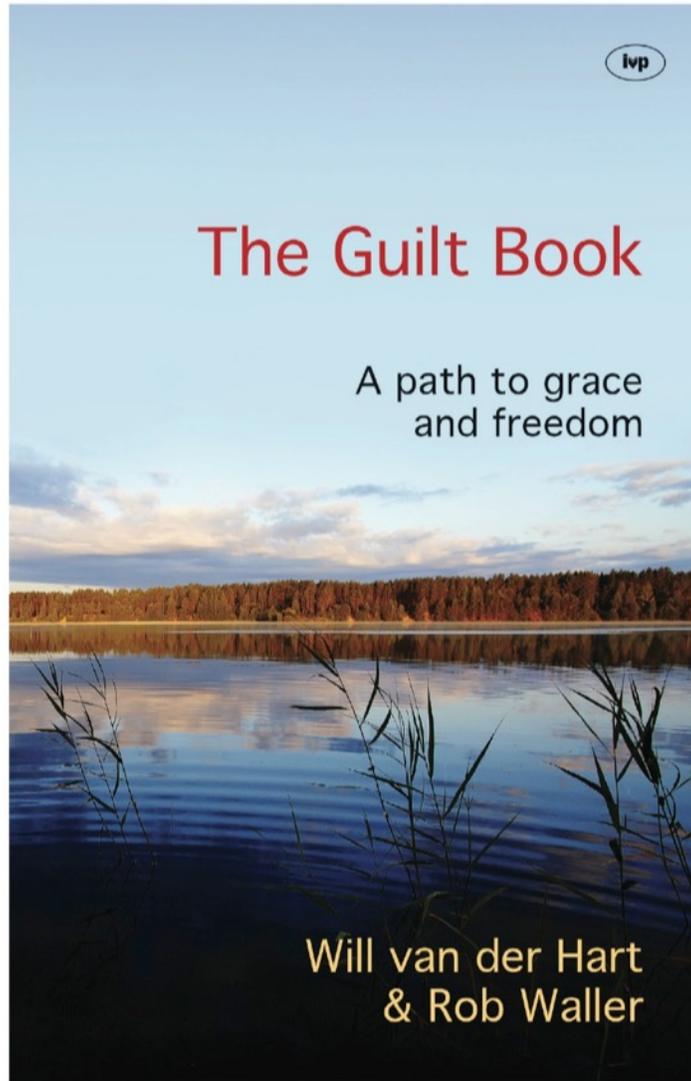
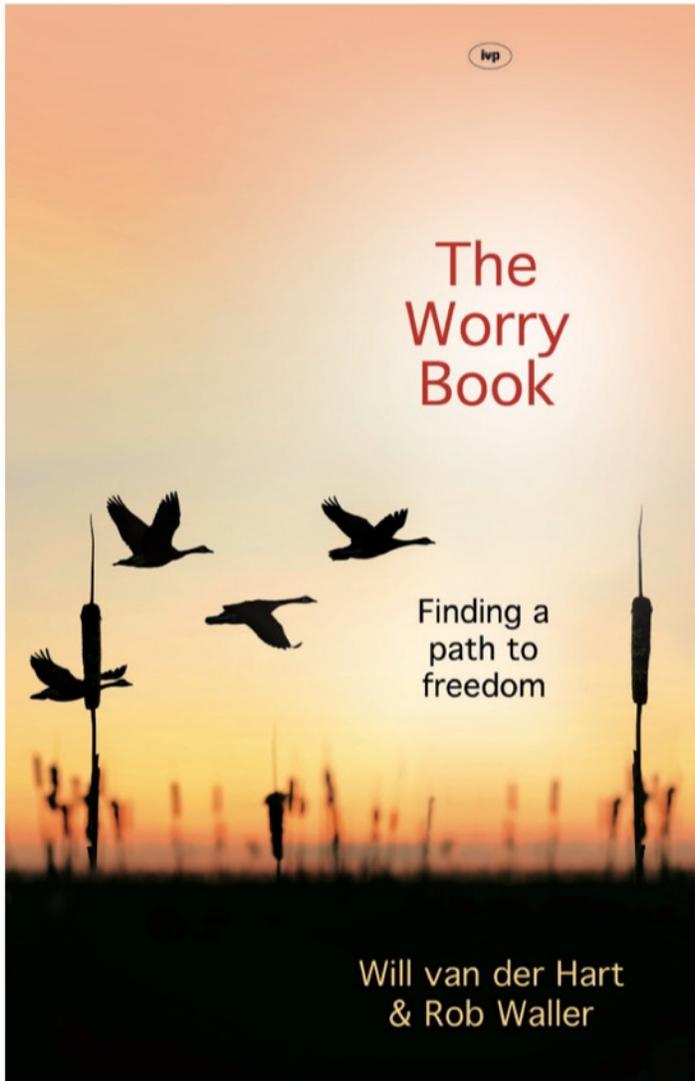
The pros and cons

Medication does have its problems. There are side effects, some of which are significant. It doesn't help in some areas, nor indeed is it the full answer to any mental health problem. It can 'blunt' the emotions, meaning we perhaps at times could do more wrestling

IMPORTANT

Stopping medication is a common reason for being admitted to hospital and should never be done without medical supervision.

www.mentalhealthaccesspack.org



Why do we need MHFC?

Decency

- Its what is expected today

Witness

- Its what people need

Equality

- Its what the law requires

Mandate

- Its the last great great 'wall of hostility' – Eph 2:14



What not to say...

Small groups

3-4 people

5 mins

What examples have you heard of how NOT to do this?

16 things not to say:

https://www.mindandsoulfoundation.org/Articles/195372/16_things_not.aspx





The CLOTS guide

00:00 – 05:25

https://www.youtube.com/watch?time_continue=2&v=9Zk2v_wC8mI

What would you do..?

Small groups

3-4 people

5 mins

What standards?

Any specific ideas?



The Friendly Places Pledge

I believe that there is a significant and positive role for faith communities to play in the support of mental health.

I pledge to support faith groups in my community to become Friendly Places which welcome and support those struggling with their mental health.

<http://www.faithaction.net/portal/our-projects/friendly-places/>



What were your ideas?

Feedback from small groups

Whiteboard



Ways to become a friendlier place

Increasing accessibility

Being friendly and welcoming

Raising awareness, challenge stigma

Understand Mental Health



Our ideas – not specific to mental health but to all disabilities

- People with difficulties feel they 'belong' whether or not they are able to take part in or attend meetings (although it is of course a good sign if they do feel able to attend and be part of meetings)
- A contact/team is available to consult with who 'champion' issues around disability and health and are able to signpost local services
- Information is available in alternative formats appropriate for different needs [e.g. large print, audio, electronic]
- Physical adjustments are willingly made to help those with different needs and the style of individual services is relatively predictable
- Church activities welcome, accept and are positive environments that are flexible to people's needs
- People give their time sacrificially to listen and respond to pastoral issues, ideally described by a Pastoral Care Policy/Strategy
- The culture/ethos of the church is one of an on-going journey of valuing all, addressing their needs and enabling them to use their gifts and contribute

How to 'change' your church

From the inside out and
making use of the skills and
resources you have...

It's not about having a 'kit'!

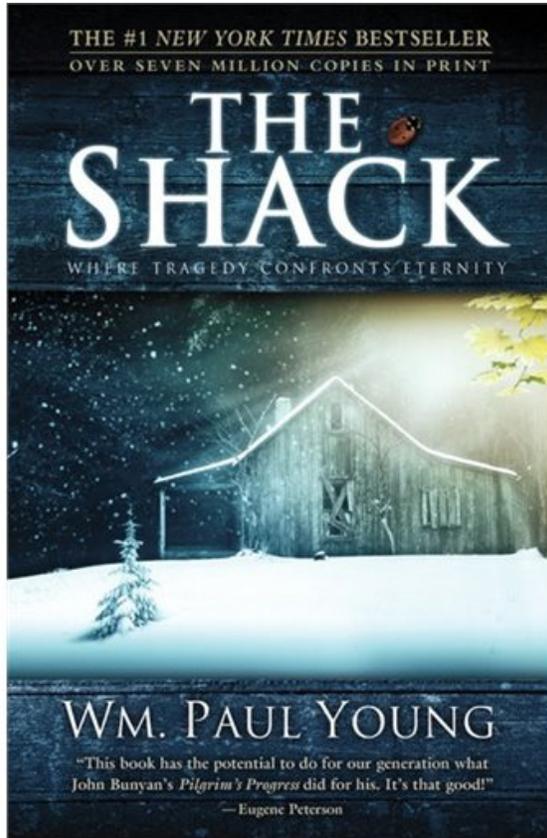
Remember why you want to do this –
Decency, Witness, Equality, Mandate

Get people on board [not just the
Pastoral Team]

Start with a Mental Health Sunday
and an open lunch afterwards

www.mindandsoulfoundation.org >> *Get Involved*

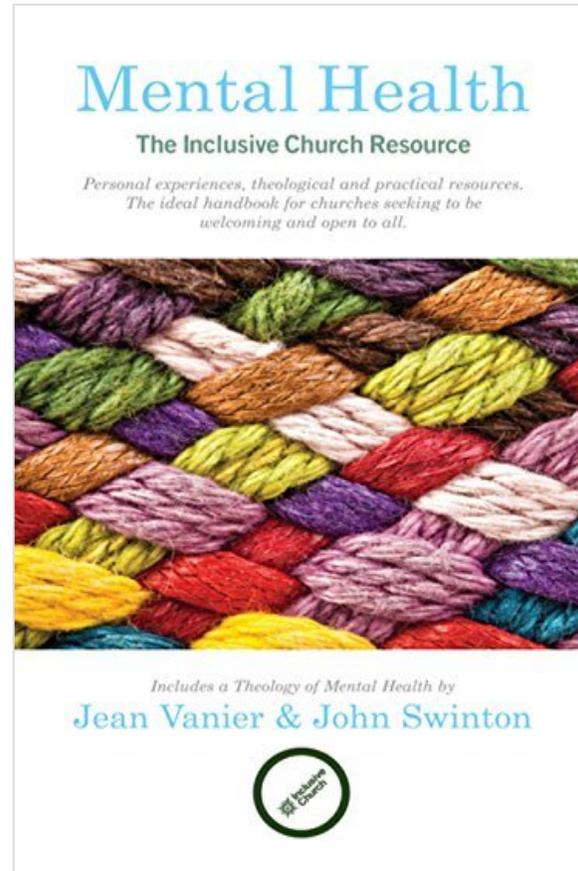
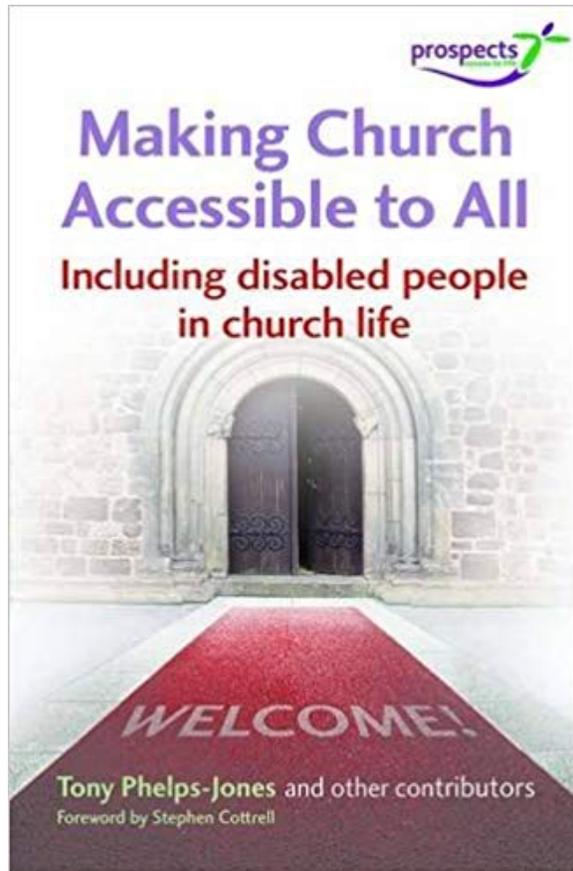
If all else fails...



Get them to read 'The Shack', that should do it...

Or can we do better...

Better books to read...

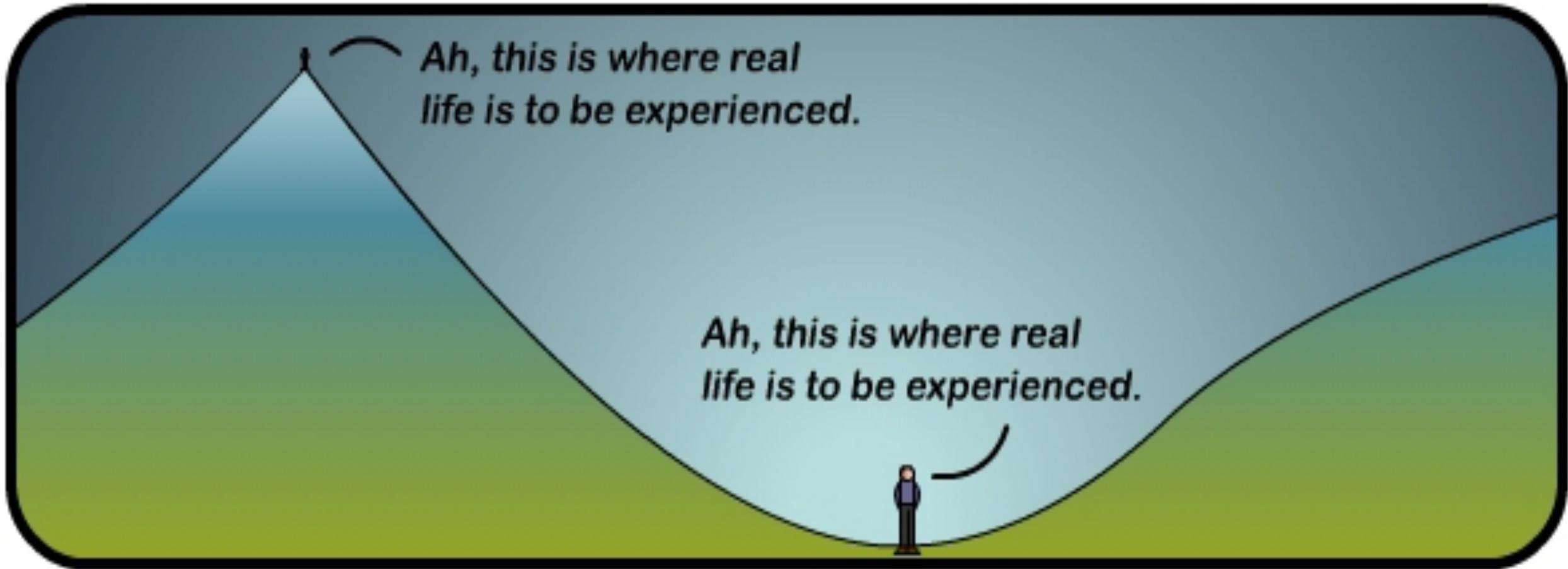


MAKING CHURCH ACCESSIBLE TO ALL

TONY PHELPS-JONES

MENTAL HEALTH – THE INCLUSIVE CHURCH RESOURCE

JEAN VANIER AND JOHN SWINTON



mindandsoulfoundation/mhfc

more resources and links and these slides
with thanks to ASBO Jesus

LEAD WELL

The background of the entire image is a photograph showing the silhouettes of a group of people standing on a hillside. They are looking towards the right, where the sun is setting, creating a warm orange and yellow glow. The sky is a gradient from light purple at the top to orange near the horizon. The overall mood is contemplative and serene.

29TH SEPTEMBER 2018 • ST PAUL'S ONSLOW SQ.
9:30AM - 4:30PM • TICKETS: £20

Mental Health Friendly Churches

What would happen if someone experiencing depression came to an average Sunday service at your church?

We all know that community is good for us, and especially so for people who feel alone. But what good is it if that community is stigmatising about mental illness and doesn't know how to help when the going gets tough.

What makes a church a good one to go to if you are struggling with your mental health? Is it the fact they have a Counsellor on staff or have an annual Awareness Day? Or is it that they small enough to notice and moving slow enough to care.

Do you go to a Mental Health Friendly Church? Find out if you do, and how to change things if you don't.