

**TOGETHER
IN SUSSEX⁺**



Faith and Mental Health

Resources for churches
and church leaders

This booklet has been designed to support church congregations. It is not a definitive list of all the resources available; if you know other useful ideas, websites or books that could be shared across Sussex, please let Diane know.

If you would like more information on any of the resources or actions mentioned in this booklet, please contact Diane.

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Information

The following websites and apps provide some useful information and support on a range of aspects of mental health.



Websites:

www.mentalhealthaccesspack.org

www.mind.org.uk/information-support/helping-someone-else/

www.rethink.org

www.livability.org.uk

www.mentalhealthmatters-cofe.org

www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/

www.mindcharity.co.uk/advice-information/directory-of-services/

The mind directory of services is particularly good as it offers information on local charities and organisations offering services for a whole range of issues

www.samaritans.org

www.nhs.uk/conditions/stress-anxiety-depression/



Apps:

- Live from Rest - combining meditation with the Bible
- Breathe (for anxiety and breathing)
- Hear and Now (for stress and anxiety)
- Headspace (for mindfulness exercises - free 10 day basics pack)
- Emoodji (specifically designed for students battling the ups and downs of Uni life)
- Calm Harm (for managing the urge to self-harm)
- Stay Alive (for suicide prevention)
- Calm (meditation and mindfulness)

Faith and Mental Health

The following resources are specifically for churches and church leaders to respond to the mental health needs of the congregation and wider community



Websites:

www.mindandsoulfoundation.org

Bible study resource

www.livability.org.uk/livability-launches-new-church-bible-study-resource-to-lift-the-lid-on-mental-health/

www.mentalhealthmatters-cofe.org

Bible passages that might be helpful to someone suffering with depression:

There are many Bible passages and characters in the Bible that reflect personal anger, sadness and depression. Although hope can sometimes be difficult to read in the midst of darkness, it is good to be reminded of God's goodness and love that is steadfast, faithful and enduring.

Romans 8:38-39

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Psalms 18:1-6

I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my saviour; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I called on the Lord, who is worthy of praise, and he saved me from my enemies. The ropes of death entangled me; floods of destruction swept over me. The grave rapped its ropes around me; death laid a trap in my path. But in my distress I cried out to the Lord; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears.

Lamentations 3:1-30

Action resources

Churches and places of welcome and connection and support



Mental Health Friendly churches:

This is similar to being a dementia friendly churches but focussing specifically on mental health. There are some useful resources at:

www.faithaction.net/portal/our-projects/friendly-places/

Together in Sussex has produced a separate leaflet on Mental Health Friendly Churches and can advise churches in greater depth, please contact Diane for more detail.



Renew Wellbeing cafes:

These are faith based welcoming spaces for those with mental health issues. They incorporate a rhythm of prayer with open welcome and support. The cafes are flourishing in churches across the country:

www.renewwellbeing.org.uk



Places of welcome:

Whilst not specifically focussing on mental health, the cafes welcome all on an equal footing; this is a model worth investigating.

www.placesofwelcome.org.uk



Mental Health First Aid:

There are a number of deliverers of mental health first aid; in the same way people in church are often trained in first aid, it would be helpful to ask if there were people in the congregation who would like to be trained in mental health first aid. e.g. St John's ambulance run courses:

www.sja.org.uk/sja/training-courses/mental-health-first-aid.aspx

Suggested reading

Theology and mental health



This is a small selection of books out of a large number written on all aspects of mental health.

ASH, Christopher, *Out of the Storm: Grappling with God in the book of Job*. IVP (2010)

COLWELL, John E.: *Why have you forsaken me? A personal reflection on the experience of desolation*. Paternoster, (2010)

LEDGER, Chris and BRAY Wendy, *Insight into Depression*, Waverley Abbey Insight Series. CWR (2009)

LOCKLEY. Dr. J, *A Practical Workshop for the Depressed Christian*. Authentic (2001)

LONGSON, Peter: *God in the dark: Rebuilding faith when bad stuff happens*. Wild Goose Publications (2012)

ROWE, D., *Breaking The Bonds Understanding Depression, Finding Freedom*. London, Harper Collins (1991)

WELCH, Edward.T, *Looking up from the stubborn darkness* (2011)

WOLPERT, L. *Malignant Sadness: The Anatomy of Depression*. London: Faber & Faber, (2011)

If you have other recommendations of books, please let Diane know so we can share it more widely

Church as employer

How aware is your church of looking after the mental health of your employees and volunteers?



Would your church consider signing up to a charter as an employer?

www.mindfulemployer.net/charter/

As an organisation would your church make a positive step by drawing up some statements/strategies regarding mental health for your employees and volunteers?

Time to change:

www.time-to-change.org.uk

