



Include Mental Health In Your Ministry

For additional information, visit:

WISE: [What Is WISE – WISE Initiative for Stigma Elimination](#)
(eliminatestigma.org)

Mental Health Association:
[Workshops & Trainings – Mental Health Association](#)
(mhago.org)

Work to Wellness: [Mental Health Workshops | Work to Wellness](#)

Help Lines:

[Lifeline](#)
(suicidepreventionlifeline.org)

1 (800) 273-8255

[SAMHSA's National Helpline | SAMHSA](#) 1(800) 662-4357

In order to effectively help those around them, faith-based and non-faith-based organizations can nurture a teachable spirit. With open hearts and a willingness to learn about mental health issues, they are then able to move toward truth and away from stigma and fear of the unknown.

Many health ministries tend to focus on physical and spiritual needs and do not put as much emphasis on mental and emotional health and well-being.

A health ministry allows a community to stand up for a healthy lifestyle—inside and out—and to be a role model for physical and emotional as well as spiritual health.

Including mental health in your health ministry could take many forms:

- Making an agreement that your organization will be a welcoming, inclusive, supportive, and engaged (WISE) place for all members.
- Having a representative join a local coalition.
- Hosting a speakers' series on mental health and substance use.
- Planning an annual mental health day.
- Hosting on-site support groups.

Tips:

- Invite members with a background or passion for the topic to join your ministry team, and decide what you plan to offer or accomplish.
- Consider hosting a weekly support group such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA), or Nicotine Anonymous (NicA).

