

EMPOWERING YOURSELF AND YOUR COMMUNITY
QUICK START GUIDES

QUICK START GUIDE : HOW TO USE FAMILY GRACE MATERIALS AND TRAINING.

1. Go to www.mentalhealthgracealliance.org
2. Choose "GROUPS" (top right menu)
3. Scroll down and Click "TRAINING + LEADERS"
4. Type in Name and Email
5. Click "Access the Free Training"
6. Click "Step 1" and download Free Guides
 - ⇒ E-Course Training Slides
 - ⇒ Facilitators Guide - Note: Page 8:
7. Click "Step 2" – "Watch the E-Course Videos"
 - ⇒ Instructions are given for which videos to watch. (ie., 1,3, 5-6 for Family Grace Groups)

QUICK START GUIDE: SADDLEBACK HOPE FOR MENTAL HEALTH COMMUNITY

1. Enter: kaywarren.com/community
2. Download MENTAL HEALTH COMMUNITY STARTER KIT (to learn more how to do it at your church)
3. Play desired VIDEO (off of their website) or search on YouTube for Hope for Mental Health Community
4. Download any handouts
5. Watch video and participate in Table DISCUSSIONS

Hope for Mental Health Community

Wellness Tool The Christian Practice of Lament

May 26, 2019

Practice of Lament

Lament is the practice of naming and navigating personal pain, longing and loss. It is bringing praise, protest, trust & grief before God.

Create a Lament

Use Psalm 13 (NLT) as an example

1. INVOCATION: Address God and lament (Share your protest and/or grief)

Psalm 13:1-2

*O Lord, how long will you forget me? Forever?
How long will you look the other way?
How long must I struggle with anguish in my soul,
with sorrow in my heart every day?
How long will my enemy have the upper hand?*

2. PETITION: Make your request (Ask God for help)

Psalm 13:3-4

*Turn and answer me, O Lord my God!
Restore the sparkle to my eyes, or I will die.
Don't let my enemies gloat, saying, "We have defeated him!"
Don't let them rejoice at my downfall.*

3. PRAISE: Offer praise to God (Declare the saving deeds of the Lord)

Psalm 13:5-6

*But I trust in your unfailing love.
I will rejoice because you have rescued me.
I will sing to the Lord
because he is good to me.*

Continued on back

Hope for Mental Health

Community

Table Discussion Questions

Living with Mental Illness with Guest Speaker Alia Joy
May 26, 2019

Table Discussion #1

1. How might lament offer you the following: A sense of relief? A sense of being heard? A sense of giving you a voice? A sense of validation?
2. What is the difference between being “negative” or “complaining” vs. being fully expressive, honest, known, and loved?
3. What struggles might you have when sharing your grief, asking for help, or declaring your praise in this practice of lament?

Table Discussion #2

1. What lies are you tempted to believe about God when you're struggling with mental illness in your life or the life of a loved one?
2. What lies are you tempted to believe about yourself when you're struggling with mental illness in your life or the life of a loved one?
3. What might it mean to you to become fluent in your native tongue – the language of hope? What are some ways you remain hopeful when you're struggling? What are your loves of your tethering nouns?
4. What are some practices of “writing down reminders” that are helpful to you to remember God's faithfulness in times of trouble?



SADDLEBACK
CHURCH

Caregiver of the Mentally Ill (COMI) Support Group

Place: Chinese Christian Church of Thousand Oaks

Dates: 2nd & 4th Monday of the month

Time: 7:30 pm – 9:00 pm

Purpose: To share our stories and struggles, to give and receive comfort and encouragement, and to receive God's peace and hope. Our aim is to have a more positive, joyful life despite challenges of mental illness. [**Disclaimer:** this is not a therapy group or intended to replace professional or in-depth counseling.]

Welcome and greeting: Sharing our names and who we are caring about who is facing mental health challenges. Or why we were interested in coming tonight.

Opening prayer and Devotional (10 min)

Remember Group Guidelines (5 min):

1. **Absolute confidentiality** (*including* names of people who attend), except suspected abuse.
2. Be respectful
3. Listening without interrupting
4. Avoid advice giving or trying to solve somebody else's issues
5. Sharing the group's time so that everyone who wishes to share get an opportunity to do so
6. Keep it in the here and now (we can't change the past)
7. Empathize with each other's situation
8. Silence cell phones

NAMI – PRINCIPLES OF SUPPORT (5 min):

1. We will see the **individual first**, not the illness.
2. We recognize mental illnesses are **brain illnesses** that may have environmental triggers.
3. We understand that mental illnesses are **traumatic events**.
4. We aim for better **coping** skills.
5. We find **strength in sharing** experiences.
6. We **reject stigma** in ourselves and others.
7. We **won't judge anyone's pain as less than our own**.
8. We **forgive** ourselves and **reject guilt**.
9. We **embrace humor** as healthy.
10. We accept that we **cannot resolve all problems**.
11. We **expect a better future** in a realistic way.
12. **We will never give up hope!**ⁱ

Caregiver of the Mentally Ill (COMI) Support Group

Educational Component: (10 min)

Sharing Time (55 min): Each person shares briefly their name, and what's going on in their situation with their loved one.

Closing Prayer Time (5 min): Sharing of thanksgiving and requests.

ⁱ <https://namilakecountyohio.org/principles-of-support/>

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 - Hope for Mental Health Community Pamphlet
 - Model Program Agenda
 - Hope Resource Guide
- **Clergy**
 - Mental Health Guide Tool Kit (*Mental Health: A Guide for Faith Leaders* by American Psychiatric Association Foundation)
 - Clergy COMPLETE Handbook 0909 Preventing drug alcohol problems (*Preventing and Addressing Alcohol and Drug Problems: A Handbook for Clergy* by U.S. Department of Health and Human Services. www.samhsa.gov)
 - Clergy and suicide prevention (*The Role of Clergy in Preventing Suicide* www.sprc.org)
 - EIC Faith Tool Kit (*A Catalog Resource Guide of Toolkits and Content Suggestions for Faith and Cultural Leaders, Faith and Family Friendly Media, and Entertainment Creators* by Entertainment Industries Council (EIC))
 - Faith MentalHealth Quick Reference (*Quick Reference on Mental Health for Faith Leaders* by American Psychiatric Association Foundation)
 - Mental Illness Study Guide (*Mental Illness and Families of Faith: How Congregations Can Respond* by Rev. Susan Gregg-Schroeder)
- **My Quiet Cave**
- **Others**
 - Alive to Thrive eBook (Focus on Family)
 - Faith Mental Health Bibliography
 - Fresh Hope Brochure
 - Pathway to Promise children family notebook (*Mental Health Ministry: Children and Family Notebook*)
 - Suicide Prevention Resource Center: Creating a Welcoming Organizational Environment
 - Etc.

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 - Mental Health Guide Tool Kit (*Mental Health: A Guide for Faith Leaders* by American Psychiatric Association Foundation)
 - Clergy COMPLETE Handbook 0909 Preventing drug alcohol problems (*Preventing and Addressing Alcohol and Drug Problems: A Handbook for Clergy* by U.S. Department of Health and Human Services. www.samhsa.gov)
 - Clergy and suicide prevention (*The Role of Clergy in Preventing Suicide* www.sprc.org)
 - Developing Welcoming Congregations by Christa Andrade (The Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities)
 - EIC Faith Tool Kit (*A Catalog Resource Guide of Toolkits and Content Suggestions for Faith and Cultural Leaders, Faith and Family Friendly Media, and Entertainment Creators* by Entertainment Industries Council (EIC))
 - Faith MentalHealth Quick Reference (*Quick Reference on Mental Health for Faith Leaders* by American Psychiatric Association Foundation)
 - *From Pastor to a Psych Ward: Recovery from a Suicide Attempt is Possible* by Steve Austin, 2016.
 - Let's Talk Christian Reformed Church (*Let's Talk! Breaking the Silence around Mental Illness in Our Communities of Faith* by June Zwier, M.Div. and Winnie Visser, M.Div. RMFT, 2010, Faith and Hope Ministries)
 - Mental Illness Study Guide (*Mental Illness and Families of Faith: How Congregations Can Respond* by Rev. Susan Gregg-Schroeder)
 - Schroeder Mental Illness and Families of Faith (“Mental Illness and Families of Faith: How Congregations Can Respond by Susan Gregg-Schroeder”)
 - Sanctuary MH
 - 5 Actions you can take today (revised)
 - Benediction by Sue Nickel
- **Grace Alliance**
 - GA promo package
 - Grace Alliance Training
 - Facilitator's Guide
 - Family Grace Group Sample
 - Grace Academy Training Slides

ENLIGHTENMH FLASH DRIVE

- Guided into Family Grace
 - Guided into Living Grace
 - Living Grace Group Workbook Sample
 - Redefine Grace Sample
- Media Kit
 - Family Grace Group
 - Living Grace Group
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 - Logos
- **Hope4MentalHealth**
 - Hope4MHCommunity 2019.5.26
 - Wellness Tool on Lament 5.26.2019
 - Hope4MHCommunity Wellness Tool
 - Table Discussion Questions on Lament & Education from Alia J
 - Saddleback Community 2018 Presentation
 - Hope for Mental Health Community Kick-off Speaking Notes 4.29.2018
 - Hope for MentalHealthCommunity 2018.0429 powerpoint
 - Specific Diagnoses
 - H4MH Education Framework Report 2018.0429
 - Devo Final 04292018
 - H4MH Community Survey Report (FINAL) 11.2.2018
 - Hope for Mental Health Community Pamphlet
 - Hope4MHCommunity EmailBlast
 - MentalHealthCommunity Verses
 - Model Program Agenda
 - Sample Social Media Posts
 - Support Group JTH 2018.0816
 - Hope Resource Guide
- **My Quiet Cave**
 - Implementation Guide
 - Mental Health 101
 - MQC Mental Health Manual
 - Quiet Cave Creating a Thriving Community
 - Quiet Cave Overcome Preview

ENLIGHTENMH FLASH DRIVE

- Quiet Cave Resources

- **Others**
 - Alive to Thrive eBook (Focus on Family)
 - Faith Mental Health Bibliography
 - Fresh Hope Brochure
 - Pathway to Promise children family notebook (*Mental Health Ministry: Children and Family Notebook*)
 - Suicide Prevention Resource Center: Creating a Welcoming Organizational Environment

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However, Chinese Christian Church of Thousand Oaks and Enlighten Mental Health Ministry makes no warranty as to the accuracy, reliability or completeness of this information. Should you have any health, medical or disability questions or concerns, please consult a physician or other health care professional. Information in this flash drive cited is neither complete nor exhaustive and does not cover all disabilities, diseases, illnesses and physical conditions or their management or treatment.

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ENLIGHTENMH FLASH DRIVE

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MENTAL ILLNESS AND THE CHURCH

Research shows that individuals struggling with mental health problems are more likely to go to a clergy member before a mental health provider or physician.

Existing resources are critically important, but on their own they do not provide a holistic approach to meeting the needs of people struggling with mental illness. . . The body of Christ offers four things the mental health care system presently lacks: (1) a hope that transcends circumstances, (2) a holistic view of humans, (3) accessibility, and (4) supportive community.

What are some things churches can do?

- **Clergy mental health training:** churches can train their staff to recognize the signs and symptoms of mental illness, then clergy would become effective mental health gatekeepers, and access to the system would be increased.
- **Collaborative professional relations:** clergy can build professional relationships with mental health care providers in their local community so that their referrals are more meaningful to the person being referred.
- **Congregational education and awareness:** provide a safe place to discuss problems, including mental illness. Place brochures, information regarding mental illness, and other resources in the church entry or main office.
- **Pastoral care team:** seek out individuals who have the gift of mercy and are willing to support those with mental and emotional health burdens.
- **Support groups:** are beneficial in the efficacy in mental health recovery.
- **Sunday morning:** pray for those struggling with mental or emotional disorder; prepare sermons that acknowledge the struggle experienced by those with mental illness; have a member of church who has struggled with mental illness to share their story.
- **Special populations:** many churches have special ministries for groups known to have higher than normal rates of mental illness. It is important that the individuals who serve in these ministries be educated about mental health disorders.¹
- **Get help if you're struggling:** seek professional help if you or a member of your family is struggling with mental illness.
- **Tell your own story:** ask God to give you the wisdom you need to discuss your or someone you love's mental illness in a way that is healthy, that normalizes the struggle and communicates grace and solidarity to others.

¹ Stanford, Matthew S., *Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness*, 2017, InterVarsity Press, pp. 252-258

MENTAL ILLNESS AND THE CHURCH

- **Get educated:** understand the people you are ministering to (e.g. read a book, contact NAMI, rent DVD *Shadow Voices: Finding Hope in Mental Illness*, walk through a mental health care system with someone in your congregation).
- **Destigmatize:** rid your church of the stigma and shame associated with mental illness by talking about it.
- **Encourage relationships:** open and genuine relationships help with a handful of people (e.g. small group).
- **Help with practical needs:** ask how they can help (e.g. bring meals, find a ride to mental appointments, mow their lawn, clean the house, do their laundry).
- **Be present:** practice the “ministry of presence.”
- **Radiate acceptance:** refuse to reject the family or person in crisis; represent Christ.
- **Be patient:** much mental illness is never “resolved” but can be managed.
- **Confer with counselors:** church leaders can collaborate with Christian counselors by asking questions, getting advice, and giving input regarding a client.
- **Draw boundaries and stick to them:** overlooking inappropriate behavior or beliefs is destructive to your congregation, and it does no favors for the mentally ill. Mentally ill people do need structure and boundaries to grow in independence, understanding and management of their illness.
- **Know when you are in over your head:** if you suspect a person in your congregation is struggling with mental illness, refer him or her to a professional counselor or psychiatrist. Compile and keep a list of trusted professionals and their specialties.
- **Start a professional counseling ministry:** consider filling in the gap with a church-based counseling ministry, if your area is not served by a broad-based Christian counseling practice.²

² Simpson, Amy, *Troubled Minds: Mental Illness and the Church's Mission*, 2013, InterVarsity Press, pp. 180-196

THE GRACE ALLIANCE

Looking for Christ-centered mental health solutions?

The Grace Alliance cultivates healthy solutions for hearts and minds through simple, innovative biblical truths, scientific research, and practical tools.



SMALL GROUP EXPERIENCES

Small group (Grace Groups) curriculum addressing faith and mental health needs for individuals, families and students.



FREE TRAINING

Fast, high-quality video training (Grace Academy) and ongoing support to start and facilitate any of our small groups.



THRIVE MENTAL HEALTH GUIDE

An in-depth, whole-health guide for any mental health journey.



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Free e-books, blogs, videos and more.



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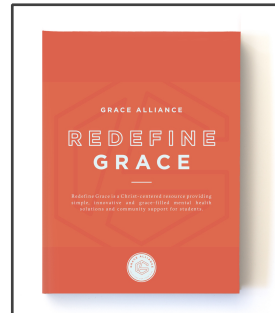
Resources that work for personal study and small groups



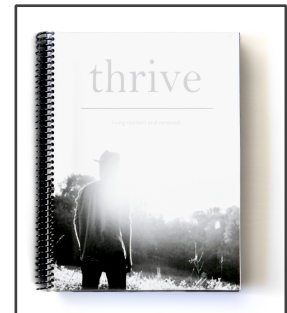
Living Grace*: 16-week curriculum for individuals with mental health challenges.



Family Grace: 16-week curriculum for families / spouse with a loved one's mental health challenge.



Redefine Grace: 10-week topical curriculum for **students** with mental health challenges.



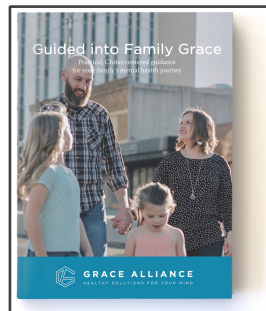
Thrive*: Whole-health - Holistic guide for mental health wellness & recovery.

*Published research reveals Living Grace & Thrive curriculum Reduces symptoms, aids mental health recovery, and renews personal faith.

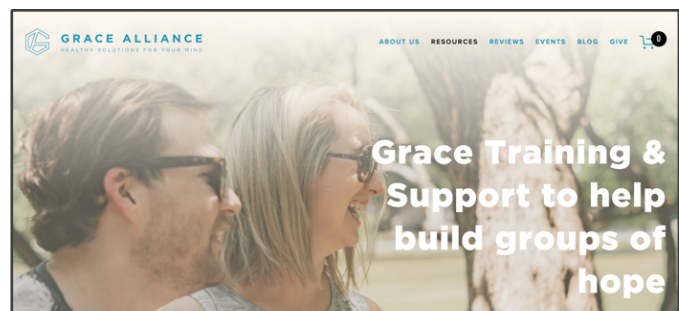
Free Resources & Free Small Group Training and Support



FREE e-Book with step-by-step for individuals with mental health challenges.



FREE e-Book with step-by-step for families and spouses with a loved one's health challenges.



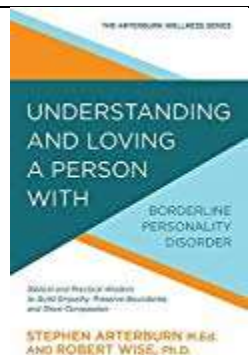
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Simple and innovative mental health resources for the body of Christ.

www.MentalHealthGraceAlliance.org

Understanding and Loving a Person with...

Arterburn Wellness Series is in paperback at NewLife.com and Amazon.com in paperback and Kindle editions.



*Understanding and Loving a Person with **Borderline Personality Disorder (BPD): Biblical and Practical Wisdom to Build Empathy,***

Preserve Boundaries, and Show Compassion by Steve Arterburn and Robert Wise

This book is for anyone who thought they were good friends with someone, only to be yelled at unexpectedly, for anyone who has a coworker who twists others' words, or for anyone who has a spouse who is violent and accusatory. Borderline Personality Disorder (BPD) is a mental illness that can make loved ones feel as if it is *their* fault. Stephen Arterburn and Dr. Robert Wise wants readers to know it's not their fault and there is hope.

In this book, they offer readers advice on how to relate to people with BPD at home, work, and church. Readers don't need to feel alone any longer. Help is on the way.

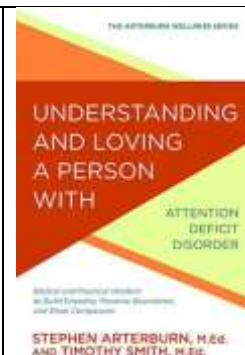


*Understanding and Loving a Person with **Depression:** Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show*

Compassion by Steve Arterburn and Brenda Hunter

If someone you love is depressed, you probably feel confused, angry, and helpless. This encouraging guide will help you hold on to hope while broadening your understanding of depression and its treatment. Dr. Brenda Hunter has been a caregiver for someone with depression and has also struggled with depression herself. With empathy, real-life stories, and clinical expertise, Brenda and Steve know from personal experience that light can overcome the darkness of depression. You can get back the person you love. Learn how to care for both of you in this hope-filled book.

- Multiple causes of depression
- How men and women react to depression differently
- Influence of social media and technology on depression
- Unique challenges of depression in adolescence.
- How to take care of yourself while caring for someone who is depressed



*Understanding and Loving a Person with **Attention Deficit Disorder (ADD): Biblical and Practical Wisdom to Build Empathy, Preserve***

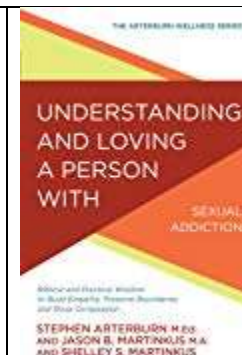
Boundaries, and Show Compassion by Steve Arterburn and Timothy Smith

People who love or work with someone with ADD often feel conflicted: they want to help, but they don't want to enable. They value the person's creativity, but they are exhausted.

Stephen Arterburn and Timothy Smith address

- Ten myths about ADD
- Pros and cons of medication
- foods that help to minimize ADD,
- twelve strengths of people with ADD
- new studies on how to calm the mind
- showing empathy even when it's hard.

This fresh look at ADD—not as a malady but as a unique way of thinking—shows readers that ADD doesn't have to ruin their relationships. In fact, it can make them stronger.



*Understanding and Loving a Person with **Sexual Addiction:** Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries,*

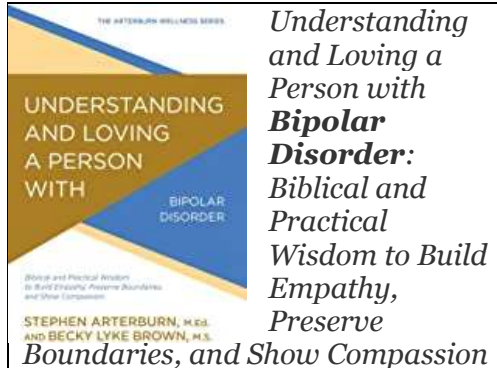
and Show Compassion by Stephen Arterburn, Jason B. Martinkus, Shelley S. Martinkus

This practical guide helps spouses to understand what drives sexual addiction and how to find healing after betrayal.

When Jason Martinkus confessed his infidelity to his wife, Shelley, she wasn't sure she could ever trust him again. Together they began a difficult but redemptive journey of understanding sexual addiction. This informative resource is for anyone who loves someone addicted to sex or pornography.

- What sexual addiction is and how to know if someone is addicted
- How to understand the roller coaster of post betrayal emotions
- Guidance in developing boundaries
- What to do if a spouse doesn't want to recover

Understanding and Loving a Person with...

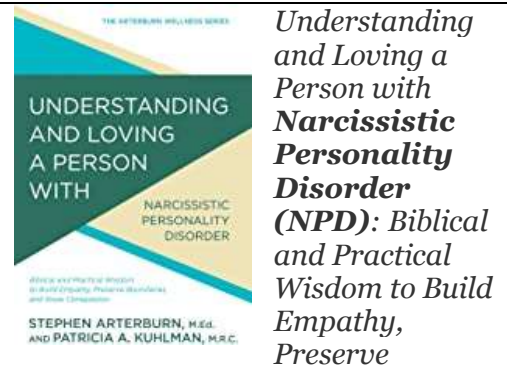


*Understanding and Loving a Person with **Bipolar Disorder:** Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show Compassion*

By Stephen Arterburn and Becky L. Brown

These seasoned authors understand that loving someone who has bipolar disorder is a challenge on a daily basis. This practical resource reminds readers they are not alone.

- Insight into when to help and when to pull back
- How to connect with what a loved one is experiencing
- Expert advice on when and how to seek treatment
Ideas for specific situations and conversations
- Help for self-care and personal boundaries



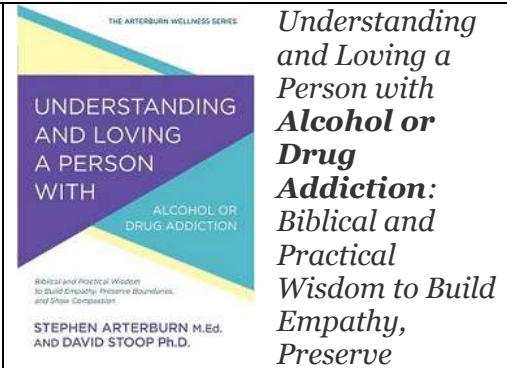
*Understanding and Loving a Person with **Narcissistic Personality Disorder (NPD):** Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show Compassion*

By Stephen Arterburn and Patricia A. Kuhlman

If you live or work with someone who has narcissistic personality disorder (NPD), you probably often feel put down. You feel ashamed of your own needs. Your relationship may feel so out of control that you wonder if you've lost your sanity.

Many people who have been victimized by another's NPD need to be validated. Being in relationship with a narcissist can be lonely and confusing. Find stability and truth in this guide.

- Practical tools to break the cycle of pain and find healing
- Know what narcissism is and how people become narcissists
- The most current research about NPD
- How to define, express, and establish personal boundaries
- How to practice a self-care program including sample responses to narcissistic behaviors



*Understanding and Loving a Person with **Alcohol or Drug Addiction:** Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show Compassion*

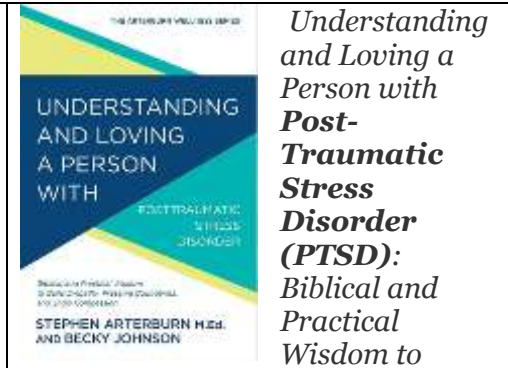
By Steve Arterburn and David Stoop

This compassionate and helpful book educates both the mind and heart in the power of addiction and the way to help others find healing.

When a family member or friend is addicted to drugs or alcohol the situation can feel hopeless and confusing. In this book, David Stoop and Stephen Arterburn help readers develop a plan of action.

- Insight into brain chemistry and addiction
- Real-life ideas for encouraging healthy choices
- Guidance in how to help without enabling
- Connection between depression, ADD, and trauma

They have helped thousands of people around the country understand chemical addiction and how to love someone well in the midst of this gripping disease.



*Understanding and Loving a Person with **Post-Traumatic Stress Disorder (PTSD):** Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show Compassion*

By Stephen Arterburn and Becky Johnson

This book is a compassionate companion to those who love someone who has experienced severe trauma that left his or her brain changed by PTSD.

As someone who suffered from PTSD herself, Becky Johnson knows what is most helpful on the path to recovery.

- Insight into what is happening in the brain
- Background on treatments such as EMDR
- Ideas on what to say and what not to say
- Suggestions for calming a loved one during a PTSD episode
- Practicing self-care

Quick Reference on Mental Health for Faith Leaders

MENTAL ILLNESS IS COMMON. In the United States in the last year:

Any mental illness—
nearly 1 in 5 people (19%)

Serious mental illness—
1 in 24 people (4.1%)

Substance use disorder—
1 in 12 people (8.5%)

SUICIDE IS THE 10TH LEADING CAUSE OF DEATH IN THE U.S.

OBSERVABLE SIGNS: Some Signs That May Raise a Concern About Mental Illness

These observations **may** help identify an individual with a mental illness; they are not definitive signs of mental illness. Further mental health clinical assessment may be needed.

CATEGORIES OF OBSERVATION	Cognition: Understanding of situation, memory, concentration	Affect/Mood: Eye contact, outbursts of emotion/indifference	Speech: Pace, continuity, vocabulary <i>(Is there difficulty with the English language?)</i>	Thought Patterns and Logic: Rationality, tempo, grasp of reality	Appearance: Hygiene, attire, behavioral mannerisms
EXAMPLES OF OBSERVATIONS <i>(Does something not make sense in context?)</i>	<ul style="list-style-type: none"> Seems confused or disoriented to person, time, place Has gaps in memory, answers questions inappropriately 	<ul style="list-style-type: none"> Appears sad/depressed or overly high-spirited Overwhelmed by circumstances, switches emotions abruptly 	<ul style="list-style-type: none"> Speaks too quickly or too slowly, misses words Stutters or has long pauses in speech 	<ul style="list-style-type: none"> Expresses racing, disconnected thoughts Expresses bizarre ideas, responds to unusual voices/visions 	<ul style="list-style-type: none"> Appears disheveled; poor hygiene, inappropriate attire Trembles or shakes, is unable to sit or stand still (unexplained)

COMMUNICATION: When a Mental Health Condition Is Affecting an Individual

- Speak slowly and clearly; express empathy and compassion
- Treat the individual with the respect you would give any other person
- Listen; remember that feelings and thoughts are real even if not based in reality
- Give praise to acknowledge/encourage progress, no matter how small; ignore flaws
- If you don't know the person, don't initiate any physical contact or touching

EXAMPLES OF COMMON OBSERVATIONS

Loss of hope: appears sad, desperate

Recommendations for Responses:

- As appropriate, instill hope for a positive end result
- To the extent possible, establish personal connection

Appears anxious, fearful, panicky

Recommendations for Responses:

- Stay calm; reassure and calm the individual
- Seek to understand

Loss of control: appears angry, irritable

Recommendations for Responses:

- Listen, defuse, deflect; ask why he/she is upset
- Avoid threats and confrontation

Has trouble concentrating

Recommendations for Responses:

- Be brief; repeat if necessary
- Clarify what you are hearing from the individual

IMMEDIATE CONCERN: Approaching a Person With an Urgent Mental Health Concern

- Before interacting, consider **safety** for yourself, the individual, and others
- Is there a family member or friend who can help?
- Find a good, safe place (for both) to talk
- Express willingness to be there for the person
- **Seek immediate assistance if a person poses a danger to self or others; call 911; ask if a person with Crisis Intervention Team (CIT) training is available**



SUICIDE: Thoughts of suicide should always be taken seriously. A person who is actively suicidal is a psychiatric emergency. Call 911.

WARNING SIGNS OF SUICIDE

- Often talking or writing about death or suicide
- Comments about being hopeless, helpless, or worthless, no reason for living
- Increase in alcohol and/or drug use
- Withdrawal from friends, family, and community
- Reckless behavior or engaging in risky activities
- Dramatic mood changes

RISK FACTORS FOR SUICIDE

- Losses and other events (e.g., death, financial or legal difficulties, relationship breakup, bullying)
- Previous suicide attempts
- History of trauma or abuse
- Having firearms in the home
- Chronic physical illness, chronic pain
- Exposure to the suicidal behavior of others
- History of suicide in family

REFERRAL: Making a Referral to a Mental Health/Medical Professional

WHEN TO MAKE A REFERRAL

Assessing the person

- **Level of distress**—How much distress, discomfort, or anguish is he/she feeling? How well is he/she able to tolerate, manage or cope?
- **Level of functioning**—Is he/she capable of caring for self? Able to problem solve and make decisions?
- **Possibility for danger**—danger to self or others, including thoughts of suicide or hurting others

Tips on making a mental health referral

- Identify a mental health professional, have a list
- Communicate clearly about the need for referral
- Make the referral a collaborative process between you and the person and/or family
- Reassure person/family you will journey with them
- Be clear about the difference between spiritual support and professional clinical care
- Follow-up; remain connected; support reintegration
- Offer community resources, support groups

DEALING WITH RESISTANCE TO HELP

Resistance to seeking help may come from stigma, not acknowledging a problem, past experience, hopelessness, cultural issues, or religious concepts

- **Learn about mental health** and treatments to help dispel misunderstandings
- **Continue to journey** with the person/family; seek to understand barriers
- **Use stories** of those who have come through similar situations; help the person realize he/she is not alone and people can recover
- **Reassure** that there are ways to feel better, to be connected, and to be functioning well
- If a person of faith, **ask how faith** can give him or her strength to take steps toward healing

If you believe danger to self or others is imminent, call 911

REFERENCES

Substance Abuse and Mental Health Services Administration (SAMHSA)
National Suicide Prevention Lifeline, *Suicide Prevention*
American Association of Suicidology, *Warning Signs and Risk Factors*
Judges Criminal Justice/Mental Health Leadership Initiative, *Judges Guide to Mental Illness*
Mission Peak Unitarian Universalist Congregation, *Mental Health Information for Ministers*
Interfaith Network on Mental Illness, *Caring Clergy Project*

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MY QUIET CAVE MENTAL HEALTH MANUAL

Addressing Mental Health can seem daunting and we are here to help! My Quiet Cave offers this free resource to help communities and organizations break the stigma of mental health issues and create space for Faith & Wellness.

This 3-part guide provides information and tangible resources to help communities and organizations thrive.

MENTAL HEALTH 101

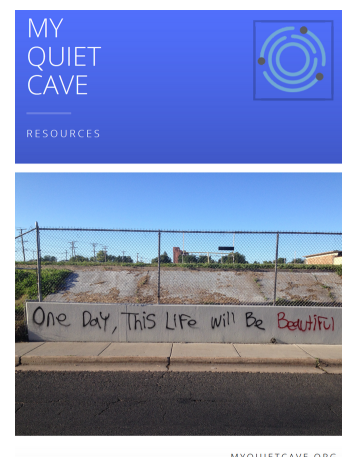
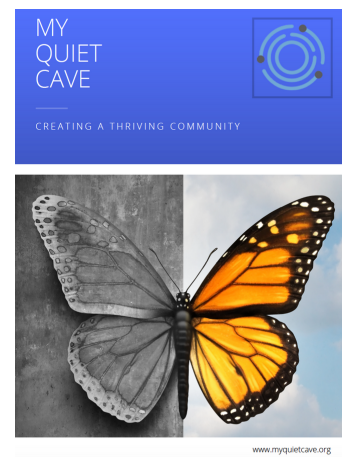
Breaking stigma begins with conversation. Conversation begins with education. This guide provides a brief overview of the most common mental and emotional health issues, including Depression, Anxiety, Bipolar, Addiction and Trauma-Related Disorders. This manual includes information on resources and treatment options available for these mental and emotional disorders.

CREATING A THRIVING COMMUNITY

When you create space for Faith and Wellness in your organization, you help cultivate a thriving community! Creating a Thriving Community for mental and emotional wellness is a 2-part process: Invitation and Preparation. This manual explains how to create an invitation for wellness, both on an individual and corporate level. It also contains worksheets with tangible steps, walking you through the process of preparing for those invitations.

RESOURCES

This resource guide includes information on National Organizations and Helplines available for a variety of issues, including Suicide, Survivor Support, Domestic Violence, Trauma and Mental Health Training. This manual includes Templates for organizations to create their own resource guides and Worksheets for individual safety and wellness plans. My Quiet Cave also provides a list of suggested books and publications for further reading on mental and emotional health.



Download this 3-part manual and other free resources at www.myquietcave.org