



Mental Health Ministries

To erase the stigma of mental illness

A Program of Pathways To Promise

Summer Spotlight 2022

Mental Health Ministries & Pathways to Promise

Mental Health Ministries is a program of Pathways to Promise (pathways2promise.org). MHM will continue to provide resources to erase the stigma of mental illness in our faith communities and create caring congregations for persons living with a mental illness and their families.

IMPORTANT EMPHASES FOR JULY, AUGUST, SEPTEMBER

JULY

- BIPOC Mental Health Awareness Month**
- Disabilities**
- Bereaved Parents Awareness Month**
- Forgiveness**
- Pilgrimage**

- 2 – 58th Anniversary of Civil Rights Act
- 4 – Independence Day
- 7 – Global Forgiveness Day
- 7-12 – The Hajj (Islamic): annual pilgrimage to Mecca, that all Muslims must take at least once in their lives
- 9-10 – Eid al-Adha, also known as the Festival of Sacrifice, is one of the two holiest Islamic celebrations, observed by Muslims around the world.
- 13 – Asala - Dharma Day
- 18 – Nelson Mandela International Day – “One Hand Can Feed Another”
- 18 – World Listening Day
- 21 – Racial Harmony Day
- 24 – Samaritans Awareness Day is an annual campaign held every July 24 to underline the importance of lending an ear to those who are going through mental health problems.
- 26 – Americans with Disabilities Act: outlawed the discrimination against people with disabilities
- 29-30 – Islamic New Year

AUGUST

-Coping with Loss

-Elder Care

- 5 – Tisha B'Av is a Jewish day of mourning and fasting to commemorate two main tragedies, the destruction of Solomon's Temple and the Second Temple in Jerusalem. It is considered to be the saddest day in the Jewish calendar.
- 6 – Balloons to Heavens – to remember the countless lives lost to gun violence.
- 7 – Purple Heart Day
- 9 – International Day of the World's Indigenous People
- 9 – National Women's Day
- 12 – International Youth Day
- 13 – Obon – Japanese celebration to honor ancestors
- 18 – Women's Suffrage
- 18 – Janmashtami; a Hindu festival celebrated annually in August or September in honor of the birth of Krishna
- 19 – World Humanitarian Day
- 21 – International Day of Remembrance and Tribute to the Victims of Terrorism
- 21 – Senior Citizens Day
- 23 – International Day for the Remembrance of the Slave Trade and its Abolition
- 30 – National Grief Awareness Day
- 30 – Al-Hijri marks the start of the New Year in the Muslim faith.
- 31 – International Overdose Awareness Day

SEPTEMBER

-LGBTQ+

-Moral Injury/Distress

- 10 – World Suicide Prevention Day
- 11 – Patriot Day to commemorate the lives lost during the terrorist attacks
- 12 – National Day of Encouragement
- 15 – National Hispanic Heritage Month begins
- 21 – World Alzheimer's Day
- 23 – Bi Visibility Day – celebrates bisexuality
- 25-27 – Rosh Hashanah, Jewish New Year, a time for reflection in the faith

See the resources below for each monthly emphasis

Also consider the following calendars for other important dates:

[2022 Interfaith Calendar](#)

[2022 Diversity Calendar](#)



Engage, Learn, & Network Leadership Forum

**Wednesday
August 10, 2022
10:30-11:30 a.m. (CT)**

Creating a Culture of Well-being Through Collective Care, Self-care and Companionship

Join Rev. Jermine Alberty to learn more about

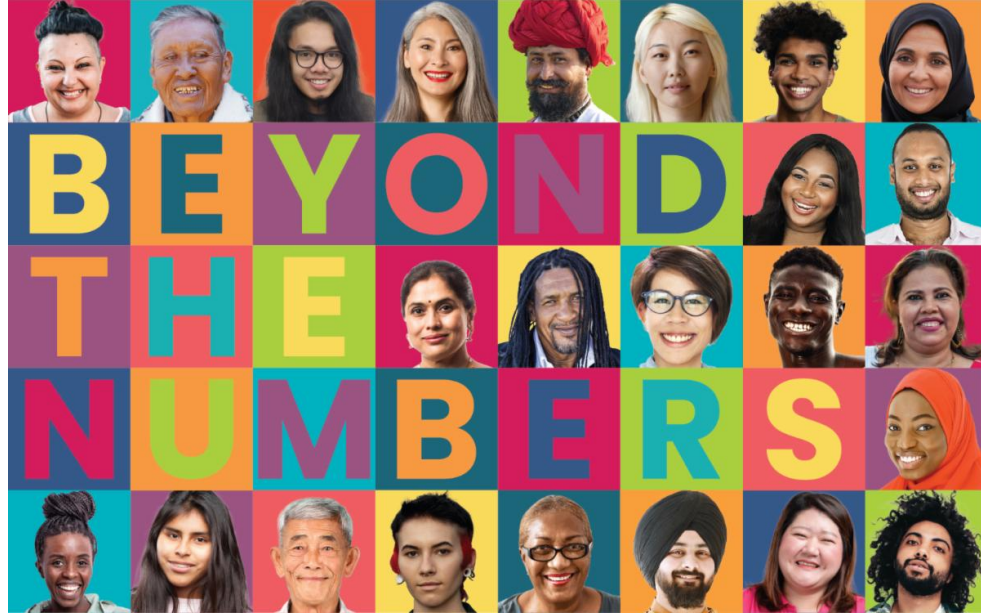
- Collective Care as a balance for mind, body, and spirit
- Self-care to replenish your own resources, and not taking from someone else's
- Companionship as a practice of presence, a relationship responding to isolation and suffering and supportive of healing and recovery

Welcoming the stranger, Companionship builds a circle of care with individuals who are facing emotional and mental health challenges. Companionship is rooted in our natural capacity as human beings to be sensitive, compassionate, and concerned.

Register Here

JULY RESOURCES

**BIPOC MENTAL HEALTH
AWARENESS MONTH**



July Is Bebe Moore Campbell National Minority Mental Health Awareness Month

To continue the visionary work of Bebe Moore Campbell, each year Mental Health America (MHA) develops a public education campaign dedicated to addressing the mental health needs of Black, Indigenous, and People of Color (BIPOC).

[Click here for the story](#)

BIPOC AND LGBTQ+ MENTAL HEALTH



Mental Health Resources for Black, Indigenous, and People Of Color

To promote and be effective in addressing mental health for all, MHA uses a racial equity and intersectional lens to highlight, better understand, and effectively respond to the range of experiences held by individuals and families with diverse values, beliefs, and sexual orientations, in addition to backgrounds that vary by race, ethnicity, religion, and language.

[Click Here to Read More](#)



Photo by [FETHI BOUHAOUCHINE](#) on [Unsplash](#)

Black Mental Health and the Power of Ritual

For many Black people, and certainly for those past, total wellness depends on the roles and rituals of spiritual practice. This means that spiritual wellness is inextricably linked to mental wellness — the two practices work in tandem, not separately.

[Click Here to Read
More](#)

DISABILITIES AND MENTAL HEALTH



Get to know the UCC's Minister for Disabilities and Mental Health Justice: Rev. Dr. Sarah Lund

In April of 2018, Sarah was called to serve on the UCC National Staff in a part-time position with the Wholeness Advocacy Team of Justice and Local Church Ministries, serving as the newly created Minister for Disabilities and Mental Health Justice.

Rev. Dr. Lund is also a P2P Board Member! [Click Here to Read More about Her](#)



Collaborative on Faith & Disabilities

The mission of the *Collaborative on Faith and Disabilities* is to support people with disabilities, their families, and those who support them by providing national and international leadership in the areas of research, education, service, and dissemination related to disability, religion, and inclusive supports.

"The *Putting Faith to Work (PFTW)* project empowers faith communities to support people with disabilities as

The Opportunity and Call

Gathering a Team

Crafting a Plan for Your Team

Extending the Invitation to People with Disabilities

Person-Centered Conversations

Connecting People with Employers

Supporting Job Seekers

Reflecting on the Journey

they find and maintain employment aligned with their gifts, passions, and skills.”

[Click Here to Read More](#)

BEREAVED PARENTS AWARENESS MONTH



The
Compassionate
Friends

Supporting bereaved parents and their families

Click below for a *Bereaved Parent and Their Faith* leaflet from The Compassionate Friends that explores some of the issues revolving around the death of one's child that connect with faith perspectives.

[Click Here for Leaflet](#)



Find A Chapter

Bereaved Parents of the USA

We come together as Bereaved Parents of the USA to provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives. We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle.

[**Click Here to Read More**](#)



African-American Faith-Based Bereavement Initiative

When families lose a baby - either during pregnancy or after the baby is born - the pain is intense and can lead family members to despair, depression or other mental health problems, substance use

or abuse, and a crisis of faith.

Families of faith will naturally turn to their faith leaders and churches for guidance, support and healing.

While African American families are disproportionately affected by stillbirth and infant mortality, they are, overall, less likely to access bereavement support resources.

The African American Faith-Based Bereavement Initiative (AAFBI) was created specifically for the African American Christian faith community to improve supports for families experiencing these losses.

[Click Here to Read More](#)

FORGIVENESS AND RECOVERY



To My Younger Self Struggling With Mental Illness — I Forgive You

"To the girl I am now, you're going to remain ever-changing. Don't let your past dictate your future. I forgive you. For whatever is holding you back, or weighing on you. Whatever you need forgiveness in — I forgive you. Nobody said it would be easy. And it definitely hasn't been. No matter how many times you drop the ball, trip over that crack in the sidewalk or fall to the ground — I'll always forgive you."

[Click Here to Read More](#)



Five Ways to Practice Self-Forgiveness in Recovery

Research has shown that people who practice self-forgiveness are healthier emotionally and mentally and have better relationships and more positive attitudes.

[Click Here to Read
More](#)

RELIGIOUS PILGRIMAGES



How religious pilgrimages feed mental,

physical, and spiritual health

"A pilgrimage is a journey away from that which is routine in search of something sacred," said Heather Warfield, an assistant professor at the University of Southern Queensland in Australia. The course can be a famous trail like El Camino de Santiago in Spain or a quiet journey to a place special to a single family.

Pilgrimages can deepen faith or transform lives, impacting people's minds, bodies, and souls, Warfield said. They can also inspire more subtle changes, helping people feel more peaceful one step at a time.

[Click Here to Read More](#)

AUGUST RESOURCES

COPING WITH LOSS



Supporting Grieving People in Different Religions

It can be hard to know what to say when someone dies, especially if you have a different faith or cultural heritage to the bereaved person. This quick guide can help you to send the right message to someone who has lost a loved one, from Islam and Christianity to atheists and agnostics, across the continents.

[Click Here to Read
More](#)



**It Hurts to Lose Someone.
Find Help at GriefShare.**

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

[Click Here to Read
More](#)



Become a Bereavement Friendly Church

The content and resources of this website should help churches with to consider how bereavement friendly they are.

[Click Here to Read More](#)

ELDER CARE



**Improving the Lives of Older Adults through
Faith Community Partnerships:
Healing Body, Mind, and Spirit**

Faith communities and health care organizations are both called to heal. While they have different practitioners, vocabularies and tools, they share concern for the well-being of the people they serve.

[Click Here to Read More](#)



Spirituality and End of Life Care

Guidance or support from clergy, chaplains, spiritual counselors, or others specifically prepared to attend to spiritual care, who have an understanding of how to work with questions about God, suffering, faith, hope, and despair, may be extremely valuable. Goals of spiritual care generally include developing an understanding of beliefs and wishes for care at the end of life; developing a sense of having lived a meaningful or good life; and experiencing an end of life that includes joy and has minimal pain or suffering. Spiritual care also extends to support for family members and other loved ones during this time and during bereavement following the death.

[Click Here to Read More](#)

SEPTEMBER RESOURCES

LGBTQ+ SUPPORT RESOURCES



Photo by Sharon McCutcheon on Unsplash

Mental Health Facts on Bisexual Populations

Research shows that bisexual individuals are at increased risk of adverse health outcomes (e.g., mental health, substance use, and sexual health problems) compared with monosexual (heterosexual and gay/lesbian) individuals. Though there are several reasons for these disparities, a significant contributor is a stress that is related to stigma and discrimination.

[Click Here to Read More](#)



How to Support the LGBTQIA+ Community after Pride Month

Pride month is an exciting time of year when society loudly celebrates the thriving and resilient LGBTQIA+ community. But LGBTQIA+ people exist all year long, so it is important that people do not limit their explicit support to one month a year. Here are some of the simple but extremely impactful things all people can do to improve the living conditions for queer people. If everyone took these small steps to support LGBTQIA+ people, the lasting mental health effects would be profound!

[Click Here to Read More](#)

**A CHRISTIAN
CONVERSATION
GUIDE**

Christian Conversation Guide

Focused on Christian congregations, this guide provides practical suggestions Christians can take to build safe and inclusive communities and congregations.

[Click Here to Read More](#)



LGBTQ+ Faith Resources

These resources are intended to help LGBTQ+ people, their families, friends and allies, find powerful and transformative spaces to learn more about the intersection of their faith and LGBTQ+ issues.

[Click Here to Read More](#)

COPING WITH MORAL INJURY/DISTRESS



ADVANCING SCIENCE AND PROMOTING UNDERSTANDING OF TRAUMATIC STRESS

Healthcare Workers on the Frontlines

of the COVID-19 Outbreak

Moral injury (sometimes referred to as “moral distress”) can occur when someone engages in, fails to prevent, or witnesses acts that conflict with their values or beliefs. Most healthcare workers typically do not experience significant distress from difficult situations at work because of their training and preparation, healthcare cultural norms, messages and behavior of peers and leaders, and acceptance by families and the culture at large. However, in unprecedented contexts, such as a pandemic, some people may have difficulty with unfamiliar and potentially distressing work experiences.

[Click Here to Read More](#)



☆ JOURNAL OF ☆
**VETERANS
STUDIES**

The Guilty Veteran: The Spiritual Implications of Veteran’s Guilt

Guilt is a very old and powerful force in humanity that crosses most boundaries of culture and religion. Feeling guilty or fearing pronouncement of guilt can significantly influence a veteran’s mental health. It can be manifested in several ways, including flashbacks, terrifyingly vivid dreams, and startle responses, all of which blur distinctions between past and present realities. It also has a powerful spiritual dimension and the relationship between guilt-sin-punishment-redemption is a feature of many religions and faith groups.

[Click Here to Read More](#)

Sign Up to Receive the Mental Health Ministries Spotlight e-Newsletter

If you wish to be added to receive our Spotlight e-newsletter, you can sign up [here](#). All our Spotlights are archived on the website and most of the resources included can be found under the Resources section of the Mental Health Ministries website. The topics are alphabetized to help you easily access resources.

Jessica Dexter, MA

[Click Here to Give Now](#)

Mental Health Ministries, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental illness in our faith communities. We hope you will consider a tax deductible gift so that we may continue this good work. A monthly or one-time gift is most appreciated.



Pathways to Promise | 6166 S Sandhill Rd, Las Vegas, NV 89120

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