

# Mental Health Ministries

To erase the stigma of mental illness

A Program of Pathways To Promise



## Spring Spotlight 2022

### Mental Health Ministries and Pathways to Promise

Mental Health Ministries is a program of Pathways to Promise ([www.pathways2promise.org](http://www.pathways2promise.org)). The mission and vision of Pathways to Promise are closely aligned with the mission of Mental Health Ministries.

- **Mission:** P2P collaborates with faith and spiritual communities to share resources that assess, educate, and effect change to welcome, support, engage, and include persons with mental illnesses and those who care for them.
- **Vision:** People living with mental illnesses and those who care for them are welcomed and supported in all faith and spiritual communities.

Mental Health Ministries 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 APRIL, MAY, & JUNE

#### April - Child Abuse Prevention Month, Autism Awareness Month

- 1 - Ramadan begins (Islam)
- 15 - Passover begins (Judaism)
- 17 - Easter Season begins (Christianity)

#### May - Mental Health Awareness Month, Asian American Heritage Month

- 5 - National Day of Prayer (Interfaith)
- 21 - World Day for Cultural Diversity for Dialogue & Development (Interfaith)

## June - LGBTQIA Pride Month

- 5 - Pentecost Season begins (Christianity)
- 19 - Juneteenth (Interfaith)

### 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, May 11,  
2022**  
**10:30-11:30 a.m. (CT)**

### **Blessed Youth**

Our Children, Teens, and the Mental Health Crisis

Join Rev. Dr. Sarah Griffith Lund for conversation about the mental health crisis facing our children and teens and her new book, *Blessed Youth: Breaking the Silence About Mental Illness with Children and Teens*. Through storytelling, this webinar will highlight the unique mental health challenges facing youth and the opportunities faith communities have to provide lifesaving support to youth and families.

[Register Here](#)

# APRIL RESOURCES

**NATIONAL CHILD ABUSE PREVENTION MONTH**



## **National Child Abuse Prevention Month Resources**

National Child Abuse Prevention Month recognizes the importance of families and communities working together to strengthen families to prevent child abuse and neglect. Through this collaboration, prevention services and supports help protect children and produce thriving families.

[Click here for articles and Prevention Resource Guide](#)

---



## **Advocate for Children by Becoming a CASA or GAL Volunteer**

Court-appointed special advocate (CASA) and guardian ad litem (GAL) volunteers (what they're called varies by location) make a life-changing difference for children who have experienced abuse or neglect.

[Click Here to Read  
More](#)

---

## AUTISM AWARENESS MONTH

---



### Autism Speaks

Autism Speaks is an organization dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. We do this through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions for autism spectrum disorder and related conditions.

[Click Here to Read More](#)

[Click here for resources specific to religious leaders/communities](#)

---

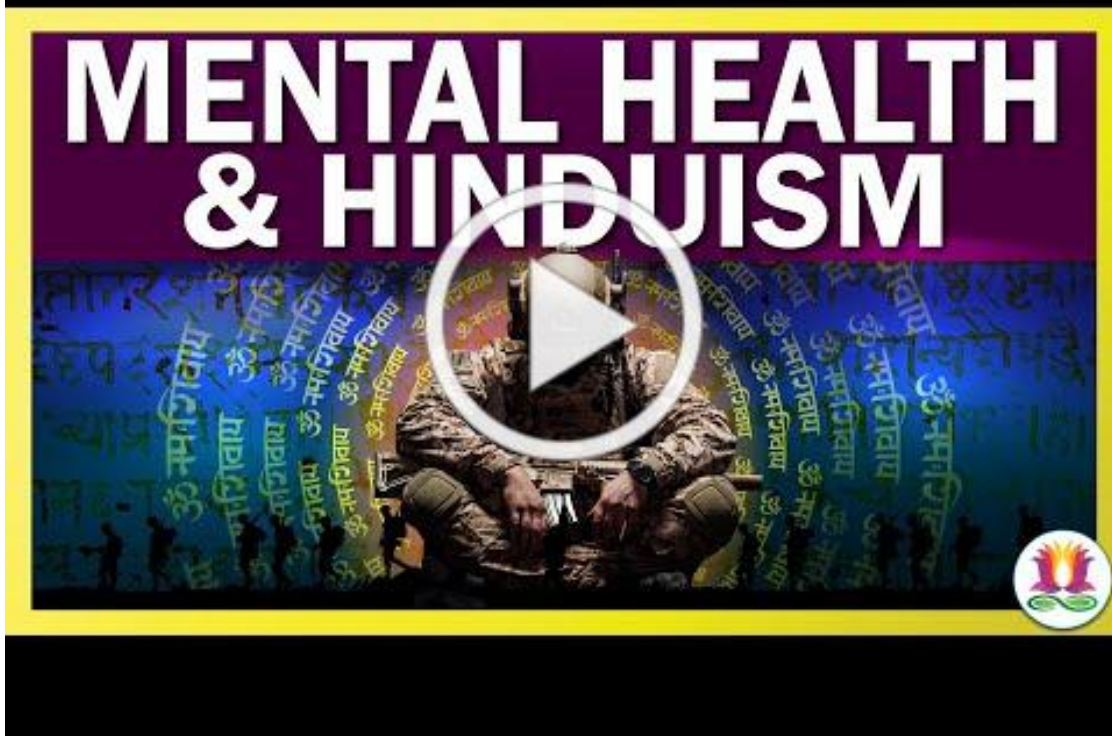
## MAY RESOURCES

---

## MENTAL HEALTH AWARENESS MONTH

---





### **Mental Health and Hinduism**

A video interview with "Ruchir Bakshi, who joined the US army after 9/11 because he wanted to serve his country and fight against terrorism. He relays to Rajiv Malhotra his experience in the Army and shares how he developed post-traumatic stress disorder (PTSD). Ruchir shares how teachings from the Hindu scriptures are empowering him in his battle against PTSD, and how all of us can make use of the teachings from the Bhagavad Gita to help us."

---



### ***Buddhistdoor View: Winning Mental Health***

An article discussing common motifs shared between Buddhist meditation practices and the dedicated training of Olympic athletes. The article praises Olympic gymnast, Simone Biles, for her decision to withdraw from the Tokyo Olympic games as she brought “renewed attention to the long-neglected primacy of mental health.”

[Click Here to Read More](#)

---



### **Navigating Ramadan with Mental Illness**

“Ramadan is the ninth month of the Islamic calendar and a month in which Muslims fast from dawn till dusk. For many Muslims, it is one of the most wonderful times of the year. It’s a chance to self-reflect, grow spiritually through good deeds and spend time with loved ones and the wider community. For those of us struggling with our mental health however, Ramadan can be a different story.”

[Click Here to Read More](#)

---



## **Protective Factors in Muslim Women's Mental Health in the San Francisco Bay Area**

Little is known about how religion and spirituality operate as protective factors for Muslim women's mental health. In this study, 20 Muslim women, including community members and mental health clinicians, participated in focus groups and individual interviews, respectively, to explore how religion and spirituality improve Muslim women's social support, self-esteem, and emotional well-being in the San Francisco Bay Area.

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

---





## **The SERVE Project**

The SERVE Project Seeks to Support, Encourage, Respect, Value, and Empower women and girls.

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



**The SERVE Blog:**



## Gender, Mental Health, and Religion/Spirituality

“When it comes to mental health, research indicates that more women seek out services than men. Why? That’s an important question.”

[Click Here to Read the Blog](#)

---



### **MGH Center for Women’s Mental Health: Reproductive Psychiatry Resource & Information Center**

The Center for Women’s Mental Health at Massachusetts General Hospital has a variety of resources, specialties, and mental health programs, and “provides state-of-the-art evaluation and treatment of challenges associated with female reproductive function” including Postpartum Psychiatric Disorders, and Fertility and Mental Health.

[Click Here to Read More](#)

---

## Our Best Children's Books That Help Children With Their Emotions



### Books That Help Children with Their Emotions

By providing children with books that discuss a range of emotions they might be feeling, you can encourage children to speak with their parents or carers about their faith and emotions, and help them to find peace during these difficult times.

[Click Here to Read More](#)



### Studies Have Shown That Spirituality & Religion Helps Children's Mental Health

Whether you are a Christian, Hindu, or someone who just believes in their Higher Self, this faith can help children find peace within.

[Click Here to Read More](#)



Click photo for video introduction

### **Free Online Summit on Parenting Teens in Uncertain Times**

- 60% increase in the rate of suicide among 10- to 24-year-olds from 2007 to 2018
- Over 36.7% have feelings of persistent feelings of sadness and hopelessness
- 1 in 5 experience a mental health condition in a given year
- 1 in 5 have seriously contemplated suicide
- 3 out of 4 feel the future is frightening

[Click Here to Learn](#)



**Spirituality and Trauma:**



## Professionals Working Together

Research suggests that for many trauma survivors, spirituality may be a resource that can be associated with resilience and recovery. However, for some, the circumstances of the trauma may lead to the questioning of important and previously sustaining beliefs. This can lead to spiritual struggle or even loss of faith. It is important for helping professionals to be comfortable asking about how spirituality has been affected by trauma, and to what role spirituality is playing within the recovery process following trauma.

[Click Here to Read More](#)

---

## ASIAN AMERICAN HERITAGE MONTH

---



### **Asian American mental health stigma: Why does it exist?**

Mental health stigmas exist worldwide and can impact anyone of any race or ethnicity, creating barriers to access available mental health treatment. According to [Mental Health America \(MHA\)](#), Asian Americans are the least likely racial group in the United States to seek mental health services. This article discusses Asian American mental health statistics, common stigmas and why they occur, cultural influencing factors that impact different groups of people, how to combat stigmas, and how to seek help.

[Click Here to Read More](#)

---





## **Addressing The Mental Health Needs Of The AAPI Community**

For too many Americans, and for those in the Asian American and Pacific Islander (AAPI) community, the past year has presented serious challenges: a global pandemic that caused suffering at home and abroad, political and social unrest, and economic struggles...For many in the Asian American community—and among communities of color—the hostility is not necessarily something new but rather reflective of underlying issues that the pandemic has exacerbated.

[Click Here to Read More](#)



[Click the image to access resources](#)



The Asian American Christian Collaborative (AACC) is an organization that seeks to encourage, equip, and empower Asian American Christians and friends of our community to follow Christ holistically. We are committed to amplifying the voices, issues, and histories of Asian Americans in the church and society at large. While the Asian American community is extremely diverse and we cannot speak for every individual and perspective, we aim to spotlight and celebrate the Asian American Christian community as inclusively as possible.

[Click Here to Read More](#)

---



## **Community and Faith Leaders Create Community Connections for Mental Health**

Faith and community leaders are often the first point of contact when individuals and families face mental health problems or traumatic events. In fact, in times of crisis, many will turn to trusted leaders in their communities before they turn to mental health professionals. When leaders know how to respond, they become significant assets to the overall health system.

[Click Here to Read More](#)

---





[Click Here for Interfaith Mental Health Tool Kit](#)

[Click Here for Mental Health Month 2022 Tool Kit](#)

---

## **JUNE RESOURCES**

---

### **LGBTQIA PRIDE MONTH**

---





## Actually, "They" Is a Beautiful Pronoun for God

Since the Bible is a tool of God's self-revelation, it's important to consider all the ways that God is described in scripture and avoid focusing solely on the masculine pronouns ascribed to God. We must acknowledge that part of the reason the biblical text often describes God in masculine terms is because it was written in a hyper-patriarchal context where men were the most literate, powerful, and privileged population. Given both masculine and feminine descriptions of God in scripture, what pronouns are appropriate for us to ascribe to God? God is neither a man nor a woman, and yet God has both masculine and feminine characteristics. We need more expansive language to describe the truth and beauty of God.

[Click Here to Read More](#)

---



## Art and Mental Health

Rest for Resistance is an online creative community and publication that strives to uplift marginalized communities, those who rarely get access to adequate health care or social support. This includes Black, Indigenous, Latinx, Pacific Islander, Asian, Middle Eastern, and multiracial persons; LGBTQIA+ individuals; and other stigmatized groups such as sex workers, immigrants, persons with physical and/or mental disabilities, and those living at the intersections of all of the above.

Read the poem, "The Ascending Circle: A Two-Spirit Poem," that corresponds to the artwork above by clicking on the button below.

[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  
Coordinator of Mental Health Ministries  
[www.MentalHealthMinistries.net](http://www.MentalHealthMinistries.net)

---

[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

[Unsubscribe admin@pathways2promise.org](mailto:admin@pathways2promise.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by admin@pathways2promise.org powered by



Try email marketing for free today!