



## Mental Health Ministries

To erase the stigma of mental illness

A Program of Pathways To Promise

# Fall Spotlight 2022

## Mental Health Ministries & Pathways to Promise

Mental Health Ministries is a program of Pathways to Promise ([pathways2promise.org](http://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 THIS FALL

### OCTOBER

**National Disability Employment Awareness Month**

**Filipino American History Month**

**LGBT History Month**

**National Health Education Week**

**ADHD Awareness Month**

**Domestic Violence Awareness Month**

**Down Syndrome Awareness Month**

**Learning Disabilities Awareness Month**

**SIDS (Sudden Infant Death Syndrome) Awareness Month**

- Yom Kippur
- Indigenous People's Day (Columbus Day)
- Diwali
- Halloween
- International Day of Rural Women
- International Day of Nonviolence
- World Teachers Day
- National Depression Screening Day
- World Mental Health Day
- World Homeless Day
- International Day of the Girl
- International Day for the Eradication of Poverty

### NOVEMBER

**Native American Indian/Alaska Native Heritage Month**

**World Kindness Week**

**National Runaway Prevention Month**

**Alzheimer's Awareness Month**  
**Family Caregivers Month**  
**Hospice Month**

- Día de los Muertos (Day of the Dead)
- Veterans Day
- Thanksgiving
- Native American Heritage Day
- Giving Tuesday (November 28, 2023)
- International Day for Tolerance
- World Philosophy Day
- World Children's Day
- World Kindness Day
- International Day for the Elimination of Violence Against Women

**DECEMBER**

**Universal Human Rights Month**  
**National AIDS Awareness Month**  
**National Drunk and Drugged Driving (3D) Prevention Month**

- Hanukkah
- Christmas
- Kwanzaa
- New Year's Eve
- World AIDS Day
- International Day of People with Disabilities
- International Human Rights Day
- International Migrants Day
- International Human Solidarity Day

Also consider the following calendars for other important dates:

[2022 Interfaith Calendar](#)

[2022 Diversity Calendar](#)



**Become a Companion**

Wednesday  
November 16, 2022  
7:00-10:00 p.m. (CT)

## Become an Instructor

Friday, November 19, 2022  
6:00-9:00 p.m. (CT)  
Saturday, November 20, 2022  
9:00 a.m.-5:00 p.m. (CT)

Become a Companion training must be completed  
before attending the Instructor training

**Companion  
Registration**

**Instructor  
Registration**

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## OCT 10: WORLD MENTAL HEALTH DAY

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## The Lifeline and 988

**988** has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

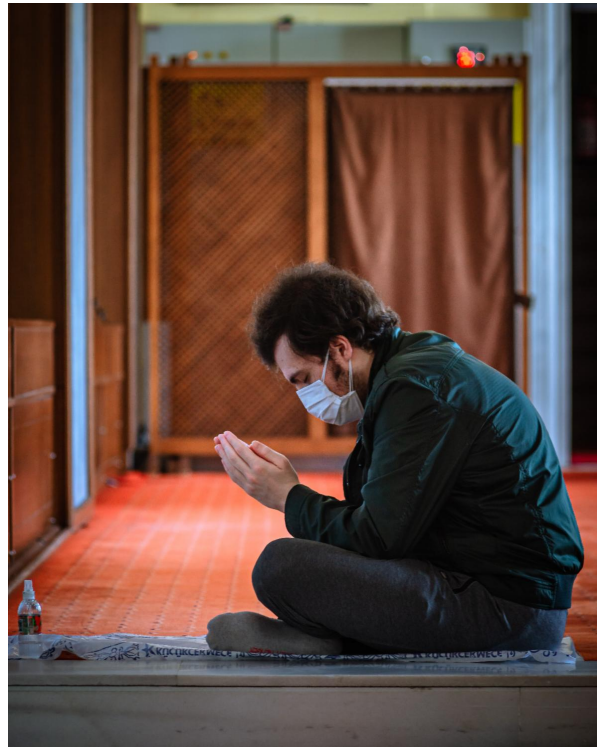
When people call, text, or chat **988**, they will be connected to trained counselors that are part of the existing Lifeline network.

These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

[Click Here to Read More](#)

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## **Muslim Mental Health Matters**

New report sheds light on the barriers and gaps in mental health services support provision for UK Muslim communities.

[Click Here to Read More](#)

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## **'Church is a safe space,' suggests WVU study on faith community nurses and mental health**

A study from WVU School of Nursing researcher Veronica Gallo highlights how faith community nurses can be key to addressing the mental health needs of people who attend churches, mosques, synagogues and other houses of worship. Her findings appear in the *Journal of Christian Nursing*. (WVU Photo/Jennifer Shephard)

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



## **The Role of Faith and Church Support**

Faith communities have much work to do to address the shame, guilt, and stigma associated with mental health challenges. Often due to particular theological beliefs or a lack of information, some religious groups do not understand mental health challenges to be actual illnesses. They may attribute mental health challenges to a lack of faith or to unconfessed sin in the person's life. Sometimes, people may even be encouraged to stop taking medication and rely only on prayer. Sometimes, blame is put on the person's family at a time when family members are most in need of support.

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

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# LEARNING DISABILITIES AWARENESS MONTH

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## Resources on Teaching and Learning with Kids with Learning Disabilities

[Click Here to Read  
More](#)

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## Six Books on Faith, Mental Health, and Disability

[Click Here to Read More](#)

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## LGBTQ+ HISTORY MONTH

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### Stories of LGBTQ+ People of Faith

The Proud Trust is an LGBTQ+ organization that supports LGBTQ+ young people through youth groups, peer support, mentoring programs and the Proud Connections chat service.

We support young people across the north-west and beyond through youth groups, peer support, mentoring programs and more. We work with and support adults in trusted positions, including schools and other children's services, helping them make spaces more LGBTQ+ inclusive as well as improving confidence in tackling discrimination and celebrating diversity.

[Click Here to Read More](#)

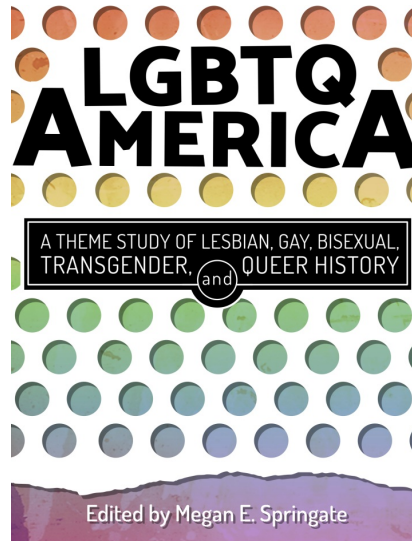
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Building an  
Inclusive  
Church

## Building an Inclusive Church

Help your faith community specifically welcome people of all sexual orientations, gender identities, and gender expressions.

[Click Here to Read More](#)



## Struggles in Body and Spirit: Religion and LGBTQ People in US History

Free PDF Book about LGBTQ+ history within a wide range of faith groups and denominations.

[Click here for the book](#)



**LGBTQ Religious Archives Network**



This page provides in-depth interviews with more than 60 early leaders of LGBTQ+ religious movements. You can either listen to the audio or read the transcript of an interview. You can also view biographical information and photographs about this diverse group of early activists and leaders.

[Click Here to Read More](#)



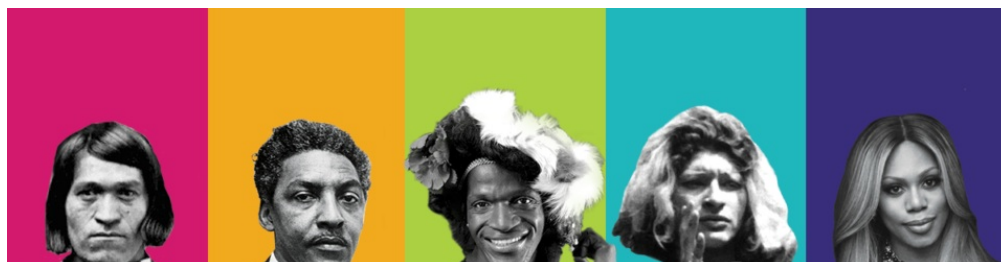
## What We Believe

We believe that each of us is made in God's image — beautiful and beloved, unique and whole. We work for the day when all are treated as equals in our families and communities.

In the face of constant efforts to squeeze people who are different out of public space, it is critical to remain grounded in the deep faith that ALL people are worthy of God's love.

Believe Out Loud is committed to engaging in partnerships across faith traditions and denominations. We are an intergenerational, multiracial, multi-faith, and sexual- and gender-identity-diverse team, committed to expanding the possibility of what a faith community can do in the world.

[Click Here to Read More](#)



# 52 Ways to Expand Your Welcome to LGBTQ+ People and Our Families

[Click Here to Read  
More](#)

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## OCT 10: WORLD HOMELESS DAY

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### **Homelessness, Mental Health, and Substance Use: Understanding the Connections**

A significant number of homeless people experience mental health and substance use concerns as well as a range of physical illnesses. Some experience these issues before becoming homeless and others as a consequence of homelessness.

[Click Here to Read  
More](#)

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## GIVING TUESDAY

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# Together we give.

Nov 29, 2022

GIVING  
TUESDAY



## **Every Act of Generosity Counts and Everyone Has Something to Give**

GivingTuesday is among the few days of the year where people are actively seeking causes to support, rather than the other way around. On November 29, 2022, the entire world will be talking about, thinking about, and discussing ways each of us can contribute to a better society.

Join the GivingTuesday movement and reimagine a world built upon shared humanity and radical generosity.

There are so many different ways to express generosity on GivingTuesday and every day! It's a simple idea: whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to give.

[Click Here to  
Give](#)

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## **NOVEMBER IS NATIONAL RUNAWAY PREVENTION MONTH**

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## **New Horizons**

We partner with Seattle's street youth on their journey by providing resources, relationships, and basic services.

We also partner with Seattle's street youth on their journey toward a sustainable future. Programs include drop-in (eight times a week), case management, life skills, job training, mentorship, advocacy, outreach, and more!

[Click Here to Read More](#)



## **Religious Youth Some of Most Vulnerable of LGBTQ+ community**

As society becomes more inclusive of sexual minorities, more young people than ever are identifying as LGBTQ+. But for those in faith

communities, fully accepting one's queer identity continues to be difficult, if not dangerous. In a world that tells them to change or hide in shame, we boldly say to queer youth: You are beautiful, beloved, and worth celebrating!

[Click Here to Read More](#)

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## **November 25: International Day for the Elimination of Violence Against Women**

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### **My Body Kept Score: What Purity Culture Didn't Know about Trauma**

Purity culture's negative effect on the relationship between women and men has been well documented. The most blatant effect has been the denigration of women and girls as sexual objects and the protection of men who are predators. While I've read many accounts of purity culture negatively affecting men's and women's experiences of marriage, I'm not one of those people. The mark purity culture left on my life was more insidious. The tentacles of purity culture quietly suffocated my ability to trust my body.

[Click Here to Read More](#)

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## **NOVEMBER IS NATIVE AMERICAN INDIAN/**

## Indigenous



### Indigenous/Native Mental Health

Many shared cultural experiences are protective factors for mental health, but members of Indigenous/Native communities also shoulder many burdens, including economic and political marginalization, education disparities, discrimination and mental health challenges rooted in a long history of trauma.

[Click Here to Read More](#)

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## DEC 3: INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

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**ADULTS WITH DISABILITIES REPORT FREQUENT MENTAL DISTRESS\* ALMOST 5 TIMES AS OFTEN AS ADULTS WITHOUT DISABILITIES**

Screen patients for mental health concerns

\*Frequent mental distress was defined as 14 or more mentally unhealthy days in the past 30 days, using the 2018 Behavioral Risk Factor Surveillance System

CDC.GOV [bit.ly/MMWRMentalDistress](https://bit.ly/MMWRMentalDistress) MMWR

### The Significance of Mental Health and People with Disabilities

People with disabilities face a variety of structural and ideological challenges that have little to do with their actual limitations. These societal stigmas are often at the root of poor mental health and

mental illness among individuals with disabilities, rather than their disability itself. However, this can be lessened by focusing on ways to promote good mental health and people with disabilities.

In this blog, we'll take a closer look at the psychological effects of a disability, barriers to effective mental healthcare, and ways to overcome these obstacles. We'll also provide a comprehensive list of resources if you're living with a disability and experiencing poor mental health or mental illness.

[Click here to read more](#)



## **Disability and Mental Health: an Overlooked Effect of the Pandemic**

The COVID-19 emergency poses an extra risk for many people with disabilities. However, isolation, which protects their physical health, can also have a negative impact on their mental health.

[Click Here to Read More](#)

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## **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.



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