



Gateway To Hope

Sustaining your Mental Health Ministry Team During COVID-19

Why do you need a Mental Health Ministry?

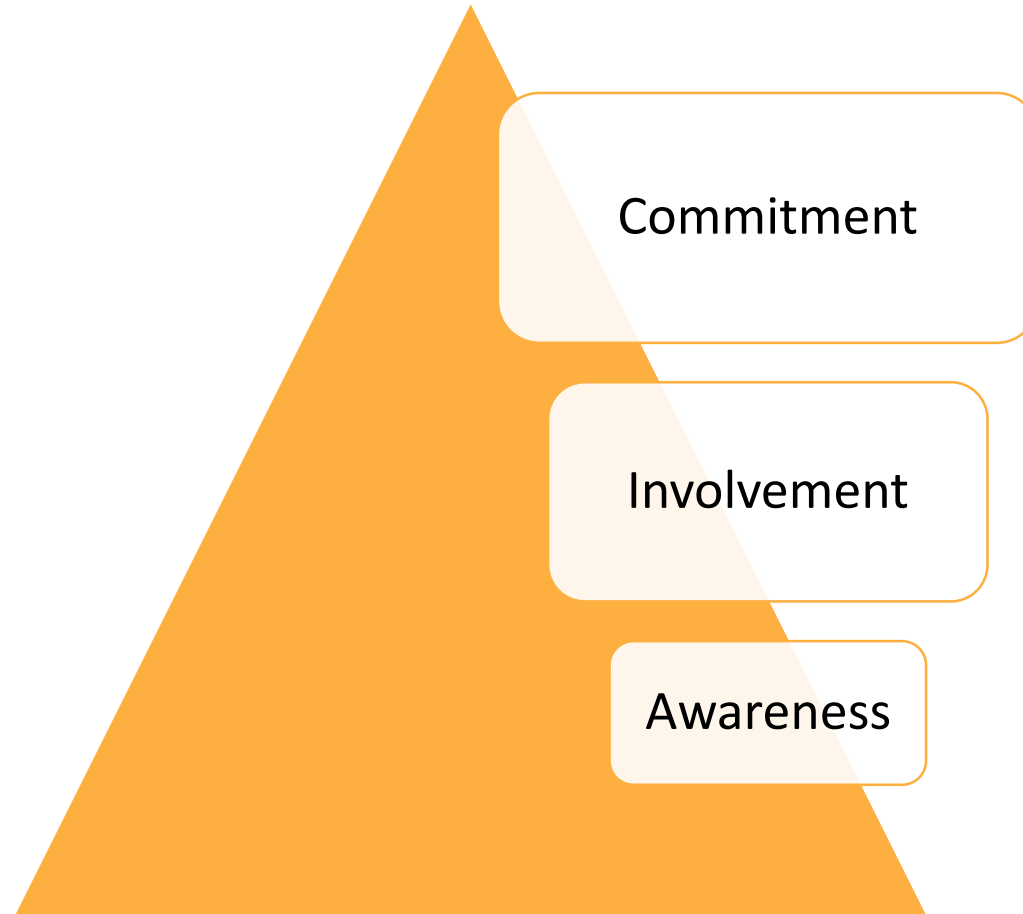
- 1 out of 5 Americans will experience a Mental Health crisis.
- People go to a clergy before seeking professional mental health services.
- For years, clergy have served as what we call gatekeepers to the provision of professional mental health and substance abuse services.
- Their respected and important roles in the church, the community and individual's lives allows them to have insight into the problems people are facing on a daily basis.



Keys to a Successful MH Ministry



Leadership Involvement



Leadership Involvement

It is important to have the full support of your leadership.

- Meet with Leaders inside your church to explain more about building your Mental Health Ministry and how to help support this through communications. This is a collaborative effort, not a one-person effort.
 - Ask your leadership how might this ministry enhance or add to the congregation.
 - Explain how the ministry aligns with the over church mission and goals.
- Build your communications on a firm foundation. Values and Vision should be your guide.
- Be honest about why you want to create a Mental Health Ministry with your Leadership.



Step 1: Formulate a Ministry Action Plan

- Mission statement and values
 - Who do you want to serve?
 - What do you plan to do?
 - What kind of impact do you want to have?
- Goals
 - What are your short term goals?
 - What are your long term goals?



Step 2: Form Your Team



- Recruit members to support your Mental Health Ministry:
 - Who has expressed interest?
 - Who may be interested based on occupation or experience?
 - Think about your likely target groups. Who has also taken the mental health training?
- Responsibilities of Team Members
 - Different people will need different responsibilities. Assign roles as needed. (ie. Referrals Coordinator, Advocacy Chair, Support Group Leader)
- Time Commitment
 - Acknowledge that this is going to take time with your team. Set a weekly/monthly schedule dedicated to your Mental Health Ministry.



Step 3: Introduce

Introduce Mental Health Ministry to Congregation and the Local Community

- Raise awareness on the importance of Mental Health
 - Educate your Colleagues and use them to help get the word out.
 - Make your practice visible in existing communication channels of your church/organization.
 - Provide relevant factual information to support your message.
 - Visit Sunday school and other groups in the church to educate them about your ministry.



Step 4: Promote your Mental Health Ministry

- Dedicated allotted time during service to pray for the Mental Health Ministry.
 - Leadership and Volunteers can help you pass out flyers or make announcements throughout the week about your Mental Health Ministry.
- Be vocal about the services your Mental Health Ministry provides.
 - Share the start date and times of a support group.
 - Share the days when a Mental Health Coach will be available.
 - Share events that your Mental Health Ministry will be hosting.



Step 5: Sustain

Keep your ministry in front of your congregation to ensure ongoing growth, sustainability and success

- Provide fresh ideas to your church's leaders. Keep the momentum going by equipping your clergy and staff with communications and updates on the Mental Health Ministry and awareness of mental health topics.
- Sustainability and consistency are more important than frequency.
- Always be building your network and offering others the opportunity to refer to you.
- Share your enthusiasm and knowledge .
- Reach out to the Gateway to Hope Team if you need fresh ideas!



Additional Resources

- Gateway to Hope
 - <https://mentalhealthgateway.org/>
- National Alliance on Mental Health
 - <https://nami.org/Home>
- Interfaith Network on Mental Illness
 - <http://inmi.us/>
- Mental Health America
 - <https://www.mhanational.org/>
- UCC Mental Health Network
 - <http://mhn-ucc.blogspot.com/p/about.html>
- The Hope and Healing Center & Institute
 - <https://hopeandhealingcenter.org/>



Mental Health Gateway

is the leading resource for free factual information on mental health topics, connects individuals to mental healthcare providers, and offers free mental health awareness Gateway to Hope trainings.

www.mentalhealthgateway.org

The screenshot shows the Mental Health Gateway website interface. At the top, there is a navigation bar with links: TAKE THE TRAINING, PEER MENTAL HEALTH COACHES, HOST SMALL SUPPORT GROUPS, NEWS/PRESS, and a search icon. The main content area features the Mental Health Gateway logo on the left. Below the logo, there are four main sections: GATEWAY TO HOPE™, MENTAL HEALTH DISORDERS TOPICS & RESOURCES, OUR MISSION, and MAKE AN IMPACT. The MENTAL HEALTH DISORDERS section is expanded to show a list of disorders: ADHD, ANXIETY DISORDERS, BIPOLAR DISORDER, BORDERLINE PERSONALITY DISORDER, DEMENTIA, DEPRESSION, EATING DISORDERS, OBSESSIVE-COMPULSIVE DISORDER, SCHIZOPHRENIA, SUBSTANCE-RELATED AND ADDICTIVE DISORDERS, SUICIDE, and TRAUMA AND STRESS-RELATED DISORDERS. To the right of this list is a book cover titled 'Grace for the Afflicted Discussion Guide' with the Gateway To Hope logo at the bottom. Social media icons for YouTube, Facebook, and Twitter are visible on the right side of the page.





Gateway To Hope

mentalhealthgateway.org



HHCI

Hope and Healing Center & Institute
Transforming Lives, Restoring Hope

hopeandhealingcenter.org



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