Resources

For Individuals/Families:

National and Local Resources and Support

Mental Health America https://mhanational.org/

Get Help https://mhanational.org/get-help

- Online screening tools (depression, bipolar, anxiety, PTSD; and more) https://screening.mhanational.org/screening-tools/

National Alliance on Mental Illness (NAMI) nami.org

- Find a local NAMI
- Online discussion groups
- NAMI Helpline – 800-950-NAMI, info@nami.org
- Family support/education – Family-to-Family
- Depression and Bipolar Support Alliance dbsalliance.org

Anxiety and Depression Association of America adaa.org

- Find a local support group

American Foundation for Suicide Prevention thttps://afsp.org/

American Academy for Child and Adolescent Psychiatry aacap.org

Families and Youth webpage
https://www.aacap.org/AACAP/Families_Youth/AACAP/Families_and_Youth/
Home.aspx?hkey=fb0befff-aae9-4867-958b-d8b45f5ecb2f

Alcoholics Anonymous aa.org

Narcotics Anonymous na.org

Al-Anon Family Groups al-anon.org

SAMHSA Find Help https://www.samhsa.gov/find-help

Suicide Prevention Resource Center https://sprc.org/

For Faith Leaders:

These are excellent resources for faith communities and their leaders to enhance their knowledge and skills to better serve congregants.

General Mental Health Resources

American Psychiatric Association Resources

www.apaf.org/faith/

Quick Reference on Mental Health for Faith Leaders–a companion guide to this guide.

https://www.appi.org/Products/DSM-Library/Understanding-Mental-Disorders-(1)

Understanding Mental Disorders: Your Guide to the DSM-5-TR®

A book from APA based on the latest, fifth edition, text revision of the Diagnostic and Statistical Manual of Mental Disorders known as the DSM-5-TR

Culturally Responsive Mental Health

Mental Health America BIPOC Resource

https://mhanational.org/bipoc

MHA's online BIPOC Mental Health Resource Center provides information and tools to highlight the unique experiences of BIPOC communities and support their mental health journeys.

Crisis Connections BIPOC Resource

crisisconnections.org/bipoc-mental-health-resources/

When navigating mental health journeys and crises, it's crucial to seek support from someone who understands and incorporates cultural and racial identities into their care. These resources help facilitate that effort.

LGBTQ Resource

https://www.ourgap.org/resources/faith-communities-and-the-well-being-of-lgbt-youth

Group for the Advancement of Psychiatry, *Faith Communities and the Well-Being of LGBT Youth*

Toolkit for Faith Communities and the Well-Being of LGBT Youth: https://www.ourgap.org/committees/religion

Faith-Based Mental Health Initiatives

Pathways to Promise https://www.pathways2promise.org/

Mental Health Ministries https://www.pathways2promise.org/mental-health-ministries

Mental Illness and Families of Faith: How Congregations Can Respond https://www.faithhealthtransformation.org/wp-content/uploads/2015/12/Mental-Illness-Study-Guide.pdf

The Companionship Movement pathways2promise.org/companionship

NAMI FaithNet www.nami.org/faithnet

National Catholic Partnership on Disability https://ncpd.org/resources_and_toolkits/pastoral-response-persons-mental-illness

Pastoral Response to Persons with Mental Illness

National Catholic Partnership on Disabilities www.ncpd.org/disability-ministry/mental-illness

The Association of Catholic Ministers https://catholicmhm.org/

Support for parishes and dioceses in establishing mental health ministries

Blue Dove Foundation https://thebluedovefoundation.org/

Resources and programs on mental illness and addiction in the Jewish community and beyond

Institute for Muslim Mental Health www.muslimmentalhealth.com/about/

Mobilizing professionals and providing culturally relevant mental health resources

Muslim Mental Health Consortium (Michigan State) https://muslimmentalhealth.psychiatry.msu.edu/

Promoting research and training in Muslim mental health

Interfaith Mental Health Networks

United Church of Christ Mental Health Network https://www.mhn-ucc.org/

Aims to reduce stigma and promote the inclusion of people with mental illnesses in congregations, and envisions a future where these individuals feel welcomed, supported, valued, and included.

Interfaith Network on Mental Illness www.inmi.us

Resources for mental health initiatives across different faiths.

Suicide Prevention

National Action Alliance for Suicide Prevention www.theactionalliance.org/faith-hope-life

Faith.Hope.Life. is an initiative for faith communities to engage in suicide prevention.

American Foundation for Suicide Prevention https://afsp.org/

Offers extensive information and resources on suicide prevention.

Training and Education

Association for Clinical Pastoral Education (ACPE) www.acpe.edu/

Education and certification for spiritual care and pastoral counseling.

Community Support and Education

The GW Institute for Spirituality and Health (GWish) https://gwish.smhs.gwu.edu/

Leadership in integrating spirituality and health care.

The Family and Youth Institute www.thefyi.org/mental-health-research/

Research and programs to support family and youth mental health.

Government Resources

SAMHSA Faith and Community Engagement https://www.samhsa.gov/faith-based-community-engagement

Initiatives to support mental health in faith communities.

How to Talk About Mental Health – For Faith Community Leaders
https://www.samhsa.gov/mental-health/how-to-talk/community-and-faith-leaders

Center for Faith Based and Neighborhood Partnerships, U.S. Dept. of Health and Human Services www.hhs.gov/about/agencies/iea/partnerships/index.html

Faith Leader Wellness

Creating a Healthier Life: A Step-by-Step Guide to Wellness

The Creating a Healthier Life: A Step-by-Step Guide to Wellness offers practical strategies that individuals can adopt at their own pace, customized to their unique abilities and circumstances, to promote overall health and well-being. For faith leaders, this guide is an invaluable resource for nurturing their own wellness while providing compassionate and practical approaches to addressing mental health and substance use challenges. By embracing these principles, faith leaders can enhance their own quality of life, inspire others, and strengthen the bonds within their congregations and communities.

https://library.samhsa.gov/product/creating-healthier-life-step-step-guide-wellness/sma16-4958#.