This workshop will offer foundational mental health education for congregational use, practical strategies for building congregational based mental health ministries, and theological formation for congregations working toward countering prejudice against mental illness in our congregations. Part 1 will explore cultural norms and stigmas that exist in our congregations about mental health challenges, offer transformative ways to address these stigmas, and discuss practical ways to engage congregational cultural to be more welcoming and inclusive of persons with mental health challenges.

Part 2 will offer the practical realities of starting a congregational based ministry, strategies for success, and unique pointers as to how the church can support mental health maintenance and recovery.

**Carrying the Cross:**

1. Acknowledge
2. Validate, Empower, Encourage, Comfort
3. Educate / Educate ourselves and our congregations
4. Refer / If you feel in over your head... you are
5. Connect - With others that are working on MH issues in your community!

**10 Steps to Developing a Mental Health Ministry**

1. Make a commitment
2. Educate Yourself
3. Get buy-in from your clergy and board of directors
4. Form a task force or ministry team
5. Decide with your team what you want to offer/accomplish
6. Define strategies for keeping the congregation, board and clergy involved
7. Make an inventory of available resources
8. Join with other organizations
9. Communicate
10. Be prepared to nurture your ministry
Hotlines & Faith-Based Resources Líneas

Local list of Mental Health Professionals at psychologytoday.com

United Church of Christ Mental Health Network: www.mhn-ucc.blogspot.com

NAMI Faithnet: www.nami.org/FaithNet
Pathways to Promise: www.pathways2promise.org

Mental Health Ministries: www.mentalhealthministries.net

Interfaith Network on Mental Illness: www.inmi.us