

Notice to Prospective Partners

Please Join Us in Observing the Second
ANNUAL MENTAL WELLNESS PROMOTION SERVICE
October 9-11, 2009

A nationwide effort to increase the involvement of communities of faith in reducing the impact of mental illness on individuals, families, and communities

Background

The *Center for the Integration of Spirituality & Mental Health, Inc.* (CISMH) believes the faith community has an important role to play in decreasing stigma associated with mental illness, identifying people in need, and connecting them to services. While many faith groups are already involved in mental health efforts, others are in the process of deciding on a comfortable level of participation.



What You Can Do

CISMH asks all faith groups to set aside one service during the weekend of October 9-11, 2009 to participate in the second Annual Mental Wellness Promotion Service. This particular weekend was selected because it leads into Mental Illness Awareness Week, enacted in 1990 by the US Congress in response to the advocacy efforts of the National Alliance on Mental Illness. While it is anticipated that each faith group will plan the service according to its particular doctrines and traditions we recommend the following:

- ✚ Select prayers, songs, and sermons that address mental illness and/or mental wellness
- ✚ Include the voices of individuals or families who are consumers of mental health services, mental health advocates and providers
- ✚ Set aside time during the service for anonymous depression screening.

Odd as it may sound, this approach will allow for stigma-free, broad participation in an effort to identify unmet needs

To assist you in implementing these ideas CISMH has developed a comprehensive toolkit that is available for a nominal fee (see inset box)

Spread the Word

Imagine the impact if all faith groups unite to acknowledge the challenges of living with mental illness and to promote mental wellness! So please disseminate this notice to churches, mosques, synagogues, temples and health organizations.

**For additional information contact Dr. Michael Torres
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Toolkit Contents



An educational training video describing common mental illnesses, ways to determine congregational needs and resources, approaches to mental health ministry, how to identify community resources and make referrals, and much more

Examples of songs, hymns, prayers and sermon starters

Screening forms with instructions to assess the mental health needs of congregations as well as congregational resources

National resources for individuals, friends or family members in need of mental health services

TO ORDER:

VISIT WWW.THECISMH.ORG or
call 410-340-6390