

What does the Bible say?

God created humankind in his image, in the image of God he created them. **(Genesis 1:27)**

Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light. **(Matthew 11:28)**

Bear one another's burdens, and so fulfill the law of Christ. **(Galatians 6:2)**

But the Lord says, "Because the poor are oppressed, because of the groans of the needy, I'm now standing up. I will provide the help they are gasping for. **(Psalm 12:5)**

I'm convinced that nothing can separate us from God's love in Christ Jesus our Lord: not death or life, not angels or rules, not present things or future things, not powers or height or depth, or any other thing that is created. **(Romans 8:38-39)**

I came that you might have life and have it abundantly. **(John 10:10)**

What does the United Methodist Church say?

"We affirm health care as a basic human right and vow to work toward expanded access to all forms of medical treatment, including preventative, therapeutic, and palliative care." **(Social Principles 163.A)**

We believe that faithful Christians are called to be in ministry to individuals and their families challenged by disorders causing disturbances of thinking, feeling, and acting categorized as "mental illness." We acknowledge that throughout history and today, our ministries in this area have been hampered by lack of knowledge, fear, and misunderstanding. Even so, we believe that those so challenged, their families, and their communities are to be embraced by the church in its ministry of compassion and love. Our model is Jesus, who calls us to an ethic of love toward all. **(Book of Resolution #4207 Ministries in Mental Illness)**

The United Methodist Church affirms its long-standing support for persons with mental illness and their families. Jesus Christ made no distinctions in his healing ministry between persons with physical disabilities and those with what we might today call mental illnesses. **(Book of Resolutions #4284 Mental Health Discrimination in Disability Compensation)**



CHURCH & SOCIETY

The United Methodist Church

Living **FAITH** Seeking **JUSTICE** Pursuing **PEACE**

MENTAL HEALTH

What do the facts say?

- Mental illnesses are common in the United States. Nearly one in five US adults live with a mental illness (52.9 million in 2020).¹
- Young adults aged 18-25 had the highest prevalence of mental health concerns (30.6%) compared to adults aged 26-49 years (25.3%) and aged 50 and older (14.5%).²
- The COVID-19 pandemic caused a 25% increase in prevalence of anxiety and depression worldwide.³
- Suicide is the leading cause of death in the United States, with 45,979 deaths in 2020. This is about 1 death every 11 minutes.⁴
- In 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide.⁵



^{1,2} National Institute of Mental Health / National Institutes of Health, ³ World Health Organization, ^{4,5} Center for Disease Control

What do you say?

Take **ACTION** for justice...

- **Remind** your elected officials that individuals and families experiencing mental illness form a sizable and vulnerable population in your community. Those dealing with mental illness benefit from public health services, community health initiatives, and having thoughtful advocates that listen to their needs. Programs at the community, state, and federal level help individuals in coping with mental illness and provide assistance to families.
- **Learn** more about how mental illness affects your community, and about how to support public and private resources for those struggling with mental illness through National Alliance on Mental Illness (www.nami.org/faithnet) and Path- ways (<http://pathways2promise.org>).



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