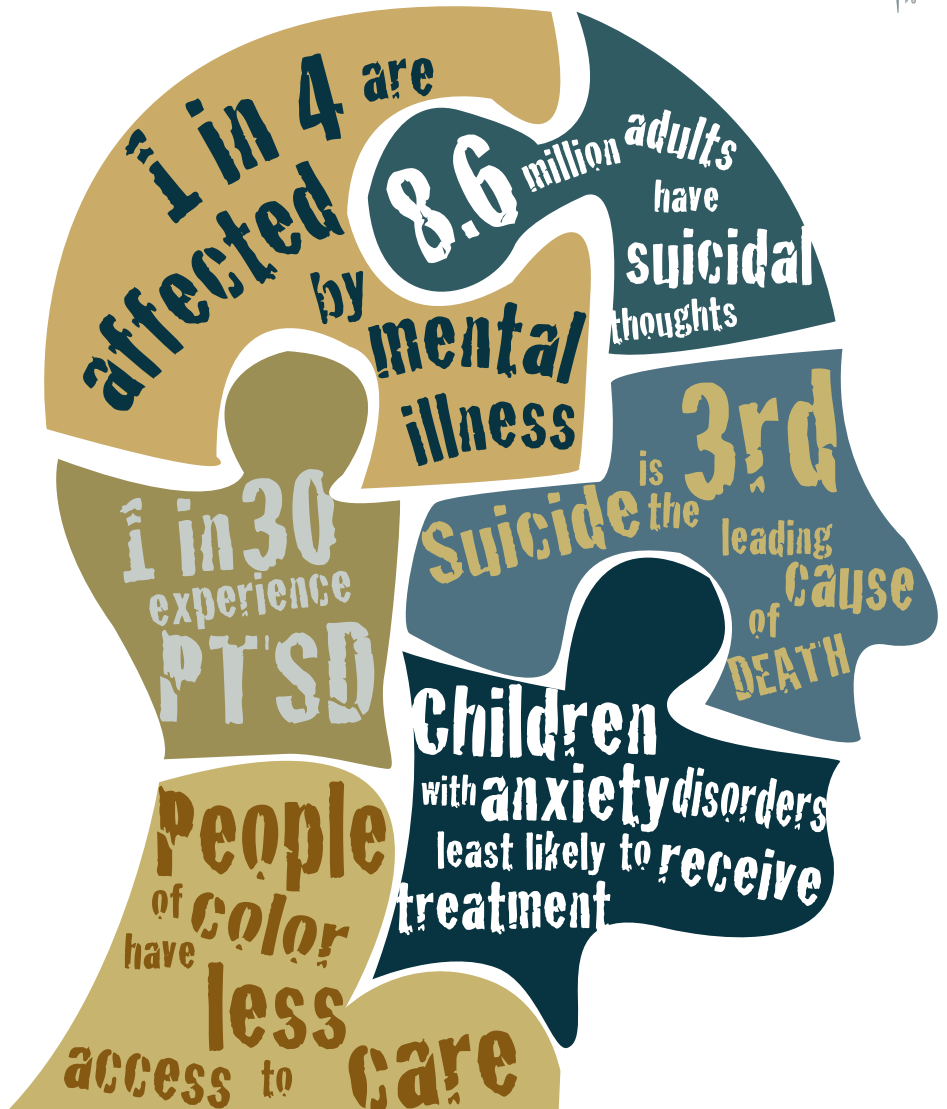


Mental illness troubles our relationships because it can affect the way we process information, relate to others, and choose actions. Consequently, mental illnesses often are feared in ways that other illnesses are not.

United Methodist Social Principle 162.X, Mental Health



Stigma is the word we use to describe expressions of this fear. People refuse to talk about what they feel because they fear what their friends will think or say. People hesitate to seek treatment because they fear what will appear on their record. People hesitate to admit to a hospital stay because they fear others' reactions. Congregations hesitate to bring casseroles to someone who is back from a hospital because they are uncertain what to do.

FAITH &

Bear one another's burdens, and in this way you will fulfill the law of Christ.

Galatians 6:2

Mental Health

Creating Caring and Sharing Communities

United Methodists around the world are called to join the Caring Communities program, congregations and communities in covenant relationship with persons with mental illness and their families. *Mental Health Ministries, #3303, 2016 Book of Resolutions*

Caring Communities

- **Educate** congregations and the community in public discussion about mental illness and work to reduce the stigma experienced by those suffering.
- **Covenant** to understand and love persons with mental illness & their families.
- **Welcome** persons and their families into the faith community.
- **Support** persons with mental illness and their families through providing awareness, prayer, and respect.
- **Advocate** for better access, funding and support for mental health treatment and speak out on mental health concerns.

Mental Health Resources

Church and Society

www.umcjustice.org/what-we-care-about/health-and-wholeness/mental-health

United Methodist Committee on Disability Ministries

www.umdisabilityministries.org

Pathways to Promise

www.pathways2promise.org

Mental Health Ministries

www.mentalhealthministries.net

NAMI Faithnet

faithnet.nami.org

National Mental Health Institute

www.nimh.nih.gov

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www.umcjustice.org

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www.umcmmission.org