

Mental Health and Faith Resources – Durham Diocese CMD

Some helpful organisations (in no particular order):

C of E website: <https://www.churchofengland.org/resources/mental-health-resources>

EXCELLENT material here.

Royal College of Psychiatrists: <https://www.rcpsych.ac.uk/mental-health>

Royal College of Psychiatrists' site. An amazing range of resources including free downloads and audio material.

Mental Health First Aid <https://mhfaengland.org/mhfa-centre/about/>

"We are Mental Health First Aid (MHFA) England.

We are a social enterprise, a company without shareholders. We offer expert guidance and training to support mental health, in the workplace and beyond."

We will be offering places on the next 4 session MHFA course after Easter, led by Dave Burke a trainer based in Sunderland. We have sent 60 people on this programme in the last 6 months and it is very well-received.

MIND <https://www.mind.org.uk/about-us/what-we-do/>

"We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding."

Faith Action <https://www.faithaction.net/about/>

"a national network of faith-based and community organisations seeking to serve their communities through social action and by offering services such as health and social care, childcare, housing and welfare to work.

What do we do?

We empower faith-based and community organisations, by:

- providing support, guidance and training, enabling them to carry out their own mission to the best of their ability;
- conducting research, highlighting the work of the faith-based and community organisations, and encouraging statutory bodies to work in partnership with them;
- disseminating key information, ensuring they have access to all the information, research, best practice, and funding opportunities they need;
- being their voice to Government, ensuring that the contributions and needs of faith-based and community organisations are properly considered when policy is made."

Sanctuary <https://www.sanctuarymentalhealth.org/uk/>

"Sanctuary Mental Health Ministries is a Christian charity that equips the Church to support mental health and wellbeing.

Having formed a number of fruitful partnerships with UK organisations working in the intersection of mental wellbeing and faith over the last two years, we are excited to now have a branch of Sanctuary operating in the UK. Our plan is to complement the ongoing work in the UK to grow healthier communities.

Sanctuary was founded in Canada in 2012. The primary tool we offer, The Sanctuary Course, launched in 2018 and has been used in churches across the world. This eight-session course for small groups explores mental health from psychological, social, and theological perspectives. The course includes discussion guides, and films featuring psychologists and theologians as well as people who share their lived experiences with mental health challenges." [Course recommended by Justin Welby.]

Mental Health Foundation: <https://www.mentalhealth.org.uk/>

"Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive."

Time to Change <https://www.time-to-change.org.uk/>

"At the core of our movement are passionate people who want to change the way we all think and act about mental health.

That includes thousands of people who have their own experience of mental health problems. Time to Change is made up of:

- Hundreds of Time to Change champions across the country campaigning in their communities.
- Our network of Hubs bringing local organisations together to change attitudes in their area.
- Hundreds of employers, and their employees, putting mental health on the map in their workplaces.
- Thousands of schools delivering assemblies and lessons on mental health, and supporting young campaigners to influence their peers.
- Thousands of people joining in our online community and campaigning through social media
- Through sharing our stories, calling out stigma and discrimination and helping others to talk about mental health we are using our own experiences to change the attitudes and behaviour of a nation."

Mind and Soul Foundation: <https://www.mindandsoulfoundation.org/>

"We believe in a God who loves us AND cares about our emotional and mental health. Our faith and emotions are often kept separate. Mental health is rarely discussed in churches and Christian spirituality is seen as having little to offer the world of psychology. We want to bridge that gap."

St Luke's Health Care (resource especially for clergy)

"We are the charity that improves clergy health and wellbeing."

Some great wellbeing and mental health resources here.

<https://www.stlukesforclergy.org.uk/st-lukes-virtual-wellbeing-programme/>

Some printed resources:

C.H.Cook & I.Hamley (eds): *The Bible and Mental Health: Towards a Biblical Theology of Mental Health* 2020
Collection of essays exploring the themes of relating the Bible and good mental health care.

C.H.Cook: "Mental Health in the Kingdom of God". *Theology* vol 123, issue 3, 2020

<https://journals.sagepub.com/doi/full/10.1177/0040571X20910700>

'Mental disorders are both common and disabling worldwide. They affect beliefs, emotions, identity and relationships in such a way as to impact upon the very essence of human experience. They are associated with stigma and prejudice, and they disproportionately affect those who are poor and those who belong to marginalized groups within society. Increasing attention has been given in recent years to the importance of spirituality for mental health, but in research it is impossible to distinguish between spirituality and the psychological variables that it purports to influence. Those things that are identified as being the concerns of mental health professionals overlap significantly with the concerns of religion. This overlap is examined here in relationship to the Synoptic Gospel accounts of the mission, ministry and teaching of Jesus. It is proposed that Jesus' teaching on the kingdom of God was centrally concerned with things that we now consider to be the domain of mental health. For Christians, mental health may be understood as the ability to fulfil vocation within the kingdom of God. A more critical theological understanding of mental health is needed to better inform the mission of the Church of England.'

Ruth Rice: *Slow Down, Show up and Pray*. 2021.

Practical wisdom and exercises about wellbeing and mental health and spirituality.

J.Swinton: *Finding Jesus in the Storm: The Spiritual Lives of Christians with Mental Health Challenges*. 2020.

'Drawing from theological reflection on the lives of 30 Christians with severe mental health challenges, (depression, bipolar disorder and schizophrenia), leading disability theologian John Swinton contends that mental health problems require theological understanding and not just medical intervention.'

J.Swinton: *Resurrecting the Person: Friendship and the Care of People with Mental Health Problems*. (2000)

'In *Resurrecting the Person*, John Swinton argues that while mental illnesses are often biological and genetic in origin, the real handicap experienced by individuals is imposed by the types of reactions, values, and attitudes which are typical of contemporary western society. In other words, how a mental illness is experienced has much to do with how it is socially constructed. How will the church react to this suggestion? Swinton suggests that the key to the effective pastoral care of individuals with severe mental illness lies not only within the realms of psychiatry, therapy, and pharmacological intervention, but in the rehumanization which is borne within the relationship of friendship.'

Some paperbacks from Oxford University Press on different mental health and medical conditions

<https://global.oup.com/academic/content/series/f/the-facts-series-facts/?lang=en&cc=us>

Further Local Resources

Rachael Philips, an ordinand attached to All Saints and Salutation in Darlington, has put together a stunning series of resources called **Light in the Darkness** about different aspects of mental health. See

<https://youtu.be/a2cGewav2eo>

<https://youtu.be/CEpRUjuThXE>

<https://youtu.be/VrIN1s8nRwQ>

And many of us were very moved by Colin Jay's beautiful and poignant reflection on Holy Week in a Mental Health unit and beyond. If you would like a copy, please e-mail Colin direct on colin.jay@nhs.net

Don't forget the resource that is the **diocesan care and counselling service**. Contactable through the Bishop's Advisor in Care and Counselling, Simon Rose. simon.rose@durham.anglican.org

<https://durhamdiocese.org/resources/resources-for-clergy/counselling/>