



Working Group for the Promotion of Mental Health in Faith Communities

Newsletter, Fall 2015 Edition

Equipping Faith Leaders to Respond to Mental Health Challenges

Thank you to everyone who attended our first full day mental health conference which was held on Tuesday May 19 at Tyndale University College and Seminary. Over 100 people attended with 85 participants on-site and 15 participants online. We appreciate the feedback that you provided regarding the conference and look forward to incorporating this feedback into future events.

Some key highlights after the training:

- 100% of participants who identified who reported themselves as a minister or pastor indicated that they would like to preach and teach about mental health.
- The main take-away points indicated by conference participants were the importance of compassion, collaboration and recognition that there is a mental health need in church



We were very fortunate to have access to a full slate of highly qualified speakers who were able to share their insights. Check out our [website](#) for some conference video clips.

Upcoming Events

FREE Webinar: From Fear to Care: Mental Illness in the Church

Wednesday October 28, 2015, 1:00pm (EST), Organizers and Sponsor:

This webinar is organized by Church Network Supporting Disabilities. It is sponsored by the National Office of the Christian and Missionary Alliance in Canada. The seminar will provide understanding on mental illness and practical tips to support individuals and families suffering from mental illness in the church setting.

Speakers: Adrienne Sequeira, RP, RN, CPMHN(C), BHA, M Div / Counselling
 Purple Yip, B.A, MDiv., Registered Psychotherapist

Registration: Please click on the following link

https://docs.google.com/forms/d/1_jRxCFT37ehbu9LDjB950tsUWpIXevSoD25fCnx5ZUs/viewform?usp=send_form

A login invitation will be sent to registrant upon receipt of registration.

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Connection, Tuesday November 24, 2015, 6:30pm to 8:30pm

The Working Group is hosting a dinner to connect with Christians living with depression, anxiety and other mental illness. It is a night to share your need and connect with others. If you are interested, please email info@mentalhealthandfaith.org

Training for Parish Nurse, Saturday January 30, 2016, 9:00am to 12:00pm

It is a special training to address the common challenges Parish Nurses are facing in the church setting. If you are interested in the training, please email us at info@mentalhealthandfaith.org

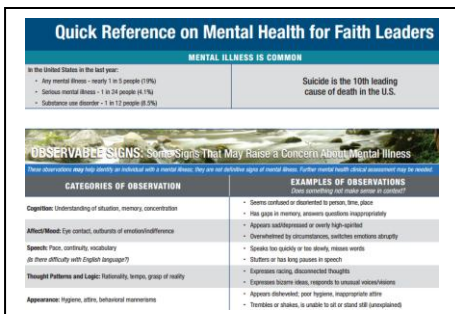
Faith and Hope Mental Health Conference, Saturday, April 9, 2016, Cobourg

Keynote Speaker: Amy Simpson

Check it out at Faith and Hope Ministries website <http://www.faithandhopeministries.net/>

Check out Our Website!

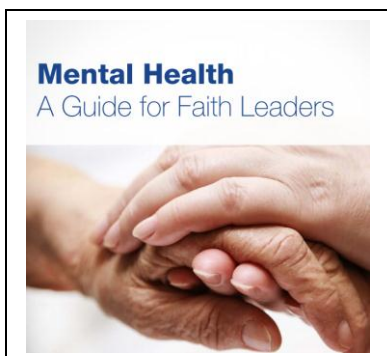
Have you reviewed our website? Go to <http://www.mentalhealthandfaith.org/> and discover education materials, community partners, resources and events. Below are some recent additions to the site.



A Quick Reference on Mental Health for Faith Leaders

This [2-page reference](#) from the American Psychiatric Association (APA) provides:

- Some quick facts about mental illness
- A list of observable signs
- Tips on how to communicate with an individual with a mental health condition
- How to approach a person with an urgent mental health concern
- The warning signs and risk concerns for suicide
- When to make a referral to a mental health / medical professional and how to deal with resistance to help



Mental Health: A guide For Faith Leaders

This [guide](#) made available by the American Psychiatric Association (APA) helps faith leaders to differentiate a mental health issue from a spiritual problem, and how to address the mental issue or spiritual problem.