



# How to ...

## Find mental health resources

### Introduction

Many of us will experience mental health challenges during our lifetime – current statistics suggest that 1 in 4 of us will experience a mental health problem this year. The Covid-19 Pandemic has exacerbated this for many – recent figures from the Office for National Statistics found that the rates of depression have doubled during the Pandemic. There are many great resources and organisations that can help people. The purpose of this guide is to draw together some of these resources along with those that have been specifically created for Christians and church groups.

### Church Resources

#### Church of England

The C of E offer a number of excellent [resources](#) including a UK Minority Ethnic Mental health Toolkit, tips for dealing with loneliness, and a series of mental health reflections which can be used either individually or as part of a small group discussion. There are also links to a wealth of secular resources on mental health

#### Transforming Lives for Good:

[TLG](#) aims to help churches to bring hope and a future to struggling children. They offer a variety for free resources including three new initiatives designed specifically to equip churches to deal with the catastrophic impact this pandemic is having on struggling children and families.

#### Sanctuary Mental Health Ministries:

[Sanctuary](#) offer a number of mental health resources for churches. The Sanctuary Course is a free eight-week study guide for small groups. The course is designed to be run by small-group leaders in your church or organization. It includes a theological perspective on mental health and doesn't require training to run it. Faith, Grief, and COVID-19: A Conversation is a 4 week course around issues raised by the Pandemic and can be used by both Christians and non-Christians. In addition Sanctuary UK have developed [Deeply Rooted](#) a wellbeing resource for leaders during the Pandemic.

#### Kintsugi Hope:

[Kintsugi Hope](#) offer a 12 week Zoom or face to face small group course to be run by churches to improve people's wellbeing. They have a range of resources to meet different group needs. The groups offer a safe space for people who feel or have felt overwhelmed and providing tools for self-management in a facilitated peer mentoring style setting. Issues covered include; disappointment, loss, anxiety, anger perfectionism, shame and resilience.

There are a small number of Kintsugi groups running in the diocese. For further information about these or in setting up a new group please contact Jean Allchorne, the

local Kintsugi Hope Ambassador on [kintsugi@stmichaelsbristol.org](mailto:kintsugi@stmichaelsbristol.org). Kintsugi Hope require churches to partner with them and make a donation towards the organisation.

### **Mind and Soul**

The Mind and Soul Foundation offer a variety of on-line resources to 'Educate, Equip and Encourage' Christians and churches. It is linked to Premier Radio. In partnership with Youthscape they have launched Headstrong an on-line hub for young people's wellbeing.

### **Yate and Fromeside Mission Area Mental Health Resources**

This group of churches have developed valued pastoral plans with the community and produced resources around mental health and the Pandemic. See '[How to offer pastoral care in a pandemic.](#)'

### **Generic Resources**

There are a multitude of mental health resources available. These include:

#### **Mindfulness and Meditation resources:**

These are designed to be used by individuals at home and can help with issues such as sleep disturbance, anxiety and depression. There are many apps and YouTube videos but these are some examples:

- [The Free Mindfulness Project](#) host a collection of free to download mindfulness resources
- [Headspace](#) is a widely used App. It has some free resources but others that have to be paid for. Many organisations offer free subscriptions to Headspace for their employees.

#### **Mental Health Resources:**

- [Mind](#) offer a variety of advice, support and activities.
- [Rethink Mental Illness](#) offer support groups and services for people living with severe mental illness
- [OTR](#) is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire
- [Thrive Bristol](#) is a ten year programme to improve mental health and wellbeing in the City. They offer a range of free resources and training for organisations working with both adults and young people.
- [AWP](#) is the local NHS mental health trust and offers some open access courses and counselling in local areas provided by partner organisations.
- [Mental Health First Aid](#) offer courses to equip individuals to become mental health first aiders in their organisations. We plan to have this training available within the Diocese next year.

If you find and make use of a resource that works really well in your context, please let us know as we would love to share that experience with others in the diocese.

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