

Mental and Emotional Wellbeing and the Church:

Some Helpful Resources

Friends from various Christian charities and leadership positions within the church have been chatting about how to resource the local church in the area of mental and emotional health. The list below offers a menu of resources and support for any local church concerned with mental and emotional health in their community and church family. This is not an exhaustive list but includes links to organisations we have found helpful, or that we ourselves are involved with.

Christian Charities Offering Information, Training & Resources

- **Kintsugi Hope**

Kintsugi Hope, a charity set up by Patrick and Diane Regan in 2017, exists to make a positive difference to people's emotional and mental wellbeing. Kintsugi Hope regularly holds or takes part in speaking events, raising awareness on mental health and stigma as well as acting as a driving force to open up conversations on topics many find difficult. Kintsugi Hope also trains people to run Kintsugi Hope Wellbeing Groups in their community in its commitment to reach out to the broken and lonely. To find out more about their work and events: www.kintsugihope.com

- **Mind and Soul Foundation**

www.mindandsoulfoundation.org

A national charity that seeks:

To Educate: Sharing the best of Christian theology and scientific advances. To Equip: Helping people meet with God and recover from emotional distress. To Encourage: Engaging with the local church and mental health services.

- **Renew Wellbeing**

A national charity training and supporting churches to open simple safe sustainable places where 'it's ok not to be ok.'

www.renewwellbeing.org.uk

Read *Slow Down, Show up and Pray* by Ruth Rice, published by Authentic Media, 2021, which tells the story of Renew Wellbeing and provides practical advice for setting up a Renew Wellbeing centre in your church and locality.

- **Sanctuary**

The Sanctuary Course from Sanctuary UK

www.sanctuarymentalhealth.org/uk

The Sanctuary Course is a free online resource to grow mental health awareness, offering a space to share experiences and tackle stigma. Combining elements of psychology, theology and lived experience Sanctuary UK offer a range of resources and training to support a whole-church approach to mental health and wellbeing.

- **TalkThrough**

TalkThrough offers a combination of resources that aim to equip youth workers, parents, churches and schools to attend to wellbeing issues. Renew Wellbeing is working with TalkThrough to develop training for renew spaces for children, youth and families. Renew Children, Youth and Families (Renew CYF) www.talkthrough.org.uk

Church of England Resources

- [Supporting Good Mental Health](#) by Professor Chris Cook. A pdf booklet, also available as 13 audio reflections, to support mental health
- [BAME Mental Health Tool-Kit](#) provided by the Church of England's Mission and Public Affairs Department

Resources for those in Ministry

- [Living Ministry Programme](#), produced by Thrive (Liz Graveling) An overview of self- sustaining in ministry through the pandemic
- [A Virtual Well-being Programme](#), provided by St Luke's Clergy Wellbeing; trauma- informed content and reflections on the pandemic
- [Mental Health and Well-being Resources](#) created by Sheldon Hub, supporting the wellbeing of those in ministry

Additional Resources

- [Green Health Project](#) Information on gardening on church-owned land for those experiencing loneliness or mental health issues
- [Disability and the Church Podcasts](#) by Roy McCloughry, exploring disability and inclusion
- [The Bible and Mental Health](#) practical and useful book exploring mental health and biblical theology edited by Rev Prof Chris Cook and Rev Dr Isabelle Hamley

- *I want a Christian Psychiatrist*, David Enoch, Monarch Books, 2006. Helpful book by a Christian psychiatrist about mental illness and how/why Christians should accept psychiatric help

Other Agencies and Resources

- **Mental Health Foundation**
<https://www.mentalhealth.org.uk/>
Works to prevent mental health problems by community programmes, research, public engagement and advocacy. The website has a wealth of useful and reliable information.
- **Mind**
www.mind.org.uk
National Charity offering comprehensive information on all aspects of mental health
- **Royal College of Psychiatrists**
The professional body responsible for training and standards in psychiatry. The mental health information section of their website offers useful resources for patients and carers:
<https://www.rcpsych.ac.uk/mental-health>
In addition, the Spirituality & Psychiatry Special Interest Group of the College has a useful archive of papers, available at:
<https://www.rcpsych.ac.uk/members/special-interest-groups/spirituality/publications-archive>
- **COVID-19: Psychological First Aid**
<https://www.futurelearn.com/courses/psychological-first-aid-covid-19>
Training to help people cope with the mental distress due to COVID-19
- **Mental Health First Aid Training**
<https://mhfaengland.org/>
Provides workplace based training to support good mental health.

Getting Help

NHS list of mental health charity helplines. Also provides access to local NHS emergency helplines

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/charity-and-voluntary-services/get-help-from-mental-health-helplines/>

For young people

- <https://www.talkthrough.org.uk/resources> Comprehensive list of organisations providing help for young people
- www.beheadstrong.uk run by Youthscape the Christian youth charity- offering resources and information from a faith- informed perspective
- www.youngminds.org.uk organisation offering resources and opportunities for young people to share their experiences of mental health

Qualified therapists and counsellors for ongoing support

<https://www.bacp.co.uk/about-therapy/we-can-help/> National accredited body of counsellors and psychotherapists

<https://www.psychotherapy.org.uk/> UK body for registered psychotherapists

<https://www.acc-uk.org/> Association of Christian Counsellors - 'find a counsellor' facility helps locate therapists by geography

<https://www.counselling-directory.org.uk/> another directory to find support