

Further General Support and Wellbeing Resources

Mental Health & Wellbeing

- [The Church of England – Supporting Good Mental Health](#)

13 daily reflections to support mental health, including a printable booklet and a podcast.



- [The Church of England - UK Minority Ethnic Mental Health Toolkit](#)

Raising awareness and providing information for Church leaders, Church workers and Chaplains to assist them in gaining a better understanding of issues relevant to UK Minority Ethnic mental health.



- [St Luke's – For Flourishing, Healthy Clergy](#)

A charity that improves clergy wellbeing, including training and family resources.



- [Anglican Pastoral Care – Counselling for Those in Ministry](#)

Provider of confidential, quality support for those in ministry in the Church of England.





- [Sheldon Hub – Doing Healthy Ministry Together](#)

A safe place for people in ministry to meet, share and support each other.



- [WORK REST PRAY – Reflections on Faith and Mental Health](#)

Reflections on how faith relates to those three important aspects of our work, rest and prayer lives and also to our wellbeing, sense of identity and self-worth.



- [The Mind and Soul Foundation – Equip, Educate and Encourage](#)

Exploring Christianity and Mental Health. Multimedia resources - audio, video, articles, events, course, directory.



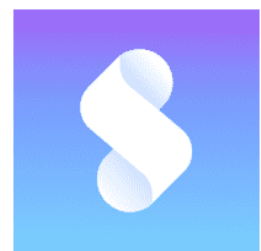
- [GoHealth – Prayer and Healing](#)

A network of people and communities who receive prayer requests 24/7.



- [Soultime - Christian Meditation](#)

200+ guided meditation on subjects like stress, anxiety, sleep and much more – endorsed by Justin Welby.





Coronavirus

- [The Church of England – Guidance on Mental Health and Wellbeing and Coronavirus](#)

A downloadable PDF to help ministers and others who are offering pastoral support to better understand the sorts of mental health and wellbeing issues that individuals within their communities might be experiencing

- [The Church of England – T.H.R.I.V.E. During the Pandemic](#)

Six ways for Ministers to support their wellbeing and flourish in their ministry (Living Ministry Research resource).

- [Cinnamon Network - Supporting Mental Health in the Midst of COVID-19](#)

Key ways for churches to support good mental health and emotional wellbeing, tools include a wellbeing webinar.

Retreats

- [The Retreat Association](#)

Home page for nationwide Christian retreat venues, helping you explore and deepen your journey with God through retreats.

Equality and Inclusivity

- [Women and the Church \(WATCH\)](#)

A national organisation working actively for gender justice, equality and inclusion in the Church of England.

- [Anglican Minority Ethnic Network \(AMEN\)](#)

Prompting the presence and participation of Anglicans of Minority Ethnic Heritage in all structures of our church in the service of the Gospel of Jesus Christ.

- [OneBodyOneFaith](#)

Empowering LGBT+ Christians and helping churches and faith communities to have intelligent and compassionate conversations about sexuality.



Support for families

- [Broken Rites – From Divorce to New Hope](#)

An international group offering mutual support and information to separated and divorced spouses and partners of clergy, ministers and Church Army Officers.

- [Clergy Support Trust - Helping Anglican Clergy and Their Families in Times of Need](#)

An independent, confidential counselling service with JR Corporate Health.

General

- [Church Support Hub - Ministry & Vocation Support](#)

The latest information and practical resources to support ministry and mission in the whole of life, Sunday to Saturday.

- [At A Loss – Signposting the bereaved to support](#)

For bereaved people, ensuring they and those supporting them find information and services appropriate to their loss; promoting and encouraging the bereavement support services that exist; training groups and individuals in bereavement care to mobilise local support.