Mental Health Awareness Day

Equipping churches to support good mental health

PROGRAMME & RESOURCES

Saturday 30th September 2017

South Street Baptist Church, Exeter EX1 1JA

SOUTH WEST BAPTIST ASSOCIATION

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WE WELCOME YOU!

South West Baptist Association offers you a very warm welcome to today's Mental Health Awareness Day.

We are delighted that there has been such a positive response to the invitation to come to this training day. Our hope and prayer is that we will return to our homes and churches with a much greater understanding of how we can support good mental health in our church families so that they become truly healthy, healing, Jesus-centred communities where everyone feels supported and cared for. An important part of the day is also learning how to look after ourselves as leaders and carers.

OUR SPEAKER

We are very pleased to welcome **Sally Bowcock**, our speaker today. Sally is an accredited member of the British Association of Counsellors and Psychotherapists and has 21 years' experience of working with children, young people and adults who are experiencing a whole range of mental health issues. She is also a member of Watchet Baptist Church in West Somerset where she serves on the pastoral care team.

RESOURCES

Many of the titles mentioned in the Resources section of this programme are available on the bookstall today. Thank you to Malc Halliday who is running the bookstall. Titles may also be ordered via Malc by email: shop@christianresources.org.uk

We are very grateful to **Simon Taylor** and **Heather Parkinson** of South Street Baptist Church for hosting this training day and ensuring the smooth running of the programme.

THANK YOU FOR COMING! Please do share what you have learnt today with people back in your home church.

Notes from today

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PROGRAMME FOR THE DAY

MORNING 10am to 12.45pm

Welcome *Carl Smethurst (Regional Minister, SWBA)*

Prayer *Simon Taylor (Minister, South Street Baptist Church)*

Session 1

- **What we mean by mental health**
- **Fearfully and wonderfully made—the development of a mentally healthy brain**
- **Mental health as a continuum**

Short break Water and juice will be available in the Hall

Session 2

- **We are all in the boat together**
- **Placing mental illness on the continuum**
- **Church as a healing environment—what we can do to help**

Lunch 12.45pm to 1.30pm

A buffet lunch will be served in the Hall.

AFTERNOON 1.30-3.00pm

Session 3

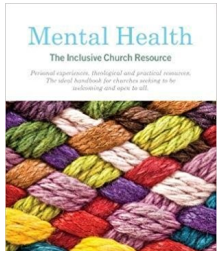
- **You are not a superhero**
- **Window of tolerance**
- **Taking care of your own mental health**

Summary

Closing Prayer

GENERAL MENTAL HEALTH RESOURCES

'Mental Health. The Inclusive Church Resource' by Inclusive Church (DLT)
This excellent book contains first-hand personal experiences of people who have mental health issues, a theological reflection by Jean Vanier and a resource section containing addresses, websites and practical advice on improving your church's inclusivity.



If you buy only one book today, this would be an excellent choice! We have copies available at the special price of £5 (RRP £8.99). It's a short book which helps the reader not only feel what it's like to live with mental health illness but also the small steps of kindness and reaching out we can all take to make it an easier journey.

'Mindful of the Light: Practical help and spiritual hope for mental health' by Dr Stephen Critchlow (Instant Apostle)
Written by a Christian psychiatrist with many years' experience in the field of mental health, this is a resource for all who are living with mental health issues, whether as sufferers or carers.

'The Pastoral Care of People with Mental Health Problems' by Marion L.S Carson (SPCK)
A guide to mental health conditions using pastoral illustrations and offering practical guidance on how churches can care for sufferers and carers.

'Darkness is My Only Companion: A Christian Response to Mental Illness'
by Kathryn Greene-McCreight (Brazos Press)
The author takes the reader on her private journey through the hidden world of mental illness. Personal, painful, and informative, this experience is shared so that others may be healed. This book is for every person struggling with a mental health problem, pastors who minister to those in distress, and family members whose loved one has been taken away from them by a mental disorder.

MENTAL HEALTH SUPPORT & SERVICES FOR CHILDREN & YOUNG PEOPLE

The Mix

Telephone: 0808 808 4994 (11am-11pm, free to call)
Email: Helpline email form
Website: www.themix.org.uk/get-support

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, peer to peer and counselling services.

ChildLine

Telephone: 0800 1111
Email: http://www.childline.org.uk/Talk/Pages/Email.aspx
Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything—no problem is too big or too small.

Elefriends

Website: http://elefriends.org.uk/

Elefriends is a supportive online community for young people. Elefriends is run by Mind.

If you are a carer needing support you can contact all of the above as well as Carers Direct and the Princess Royal Trust for Carers, both of whom are able to provide support and advice on any issues affecting you.

MENTAL HEALTH SUPPORT & SERVICES FOR ADULTS

Samaritans

Telephone: 116 123 (24 hours a day, free to call)
Email: jo@samaritans.org
Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

Mind Infoline

Telephone: 0300 123 3393 (9am-6pm Monday to Friday)
Email: info@mind.org.uk
Website: www.mind.org.uk/help/advice_lines

Provides confidential mental health information services.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (10am-2pm Monday to Friday)
Email: info@rethink.org
Website: http://www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

Saneline

Telephone: 0300 304 7000 (6pm-11pm)
Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

'Troubled Minds' by Amy Simpson (IVP USA)
From her own experience, Amy Simpson shows the path to loving people with mental illness well and becoming a church that loves God with whole hearts and whole souls, with the strength we have and with minds that are whole as well as minds that are troubled.

www.mindandsoulfoundation.org
An essential Christian resource full of information on all aspects of mental health including a Mental Health Resource Pack to help churches support those living with mental health issues. The handouts in your pack are from this website.

www.mentalhealth.org
www.youngminds.org.uk
www.nhs.uk
www.centreformentalhealth.org.uk
www.mhfaengland.org
www.time-to-change.org.uk

SPECIFIC MENTAL HEALTH RESOURCES

ANXIETY AND DEPRESSION

'I'm Not Supposed to Feel Like This: A Christian approach to depression and anxiety' by Christopher Williams (Hodder & Stoughton)
This book is written for Christians who are feeling depressed and/or anxious, and also for their fellow Christians and church workers so that they can offer effective support.

www.stress.org.uk
www.anxietyuk.org.uk
www.anxietyalliance.org.uk
www.nopanic.org.uk

POST-NATAL DEPRESSION

'Beyond the Edge: One Woman's Journey Out of Post-natal Depression and Anxiety' by **Hazel** Rolston (IVP)
This book gives an insight into how depression and breakdown can occur, showing how circumstances and happenings in life can build up until your mind can take no more. It also shows that mental illness is not the end of the road and that there is life beyond depression.

OBSESSIVE COMPULSIVE DISORDER

'Strivings Within - The OCD Christian: Overcoming Doubt in the Storm of Anxiety'
by Mitzi VanCleve (CreateSpace Independent Publishing Platform).
This is an excellent book for anyone concerned about OCD from a Christian perspective. The book is interesting and easy to read, but also very thorough in that Mitzi explains clearly the issues that bothered her, so that it is a real help for readers who may be able to relate to some or all of the problems that Mitzi writes about.

www.ocduk.org

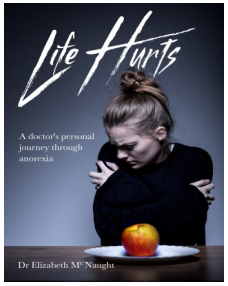
EATING DISORDERS

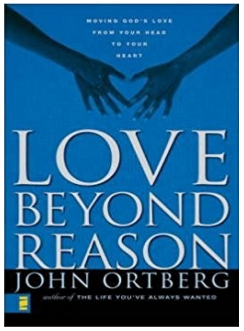
'Eating Disorders: The Path to Recovery' by Dr Kate Middleton (Lion Books)
A book full of practical and helpful advice from someone with experience of a wide range of eating disorders. It explains the root causes and then gives steps to recovery for both those suffering with eating disorders and their friends and family.

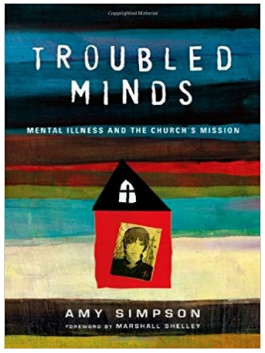
'Journey to Freedom from Eating Disorders' by Laurie Glass (lulu.com)
This practical and inspirational book provides biblical teachings, practical tips and encouragement for those battling with eating disorders.

'Life Hurts: A Doctor's Personal Journey through Anorexia' Dr Elizabeth McNaught (Malcolm Down Publishing Ltd)
'Life Hurts' tells Lizzie's story, reflecting on it from her perspective as a doctor. Her vision is to inspire and encourage others to see that, although eating disorders can be devastating, her story shows that there is hope.

www.foodaddicts.org
www.b-eat.co.uk
www.eating-disorders.org.uk
www.swedauk.org (Somerset and Wessex Eating Disorders Association)
www.anorexiabulimiacare.org.uk







ADDICTION

'Addiction and Grace' by Gerald G. May (Bravo Ltd)
Explores the psychology and physiology of addiction from the perspective of contemplative spirituality, describing the relationship between addiction and spiritual awareness.

www.actiononaddiction.org.uk

SUICIDE

'Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope' by Albert Y Hsu (IVP). The author describes the complicated process of surviving a death by suicide in your family and offers many suggestions of ways to cope, answering many questions that arise from a Christian viewpoint

BOOKS TO STRENGTHEN MENTAL HEALTH

'Emotionally Healthy Spirituality' by Peter Scazzero (Zondervan)
This book helps our own journey to good mental health helping us to understand that spiritual maturity is closely linked to emotional maturity.

'Becoming Human' by Jean Vanier (Paulist Press)
Our society shuns weakness and glorifies strength. Jean Vanier proposes and beautifully illustrates how by embracing weakness we learn new ways for living and discover greater compassion, trust and understanding.

'Love Beyond Reason' by John Ortberg (Zondervan)
Ortberg takes us to the very core of God's being to discover his burning, passionate love for us exploring the life-changing ways this love has expressed itself through Jesus. And he shows how we, like Jesus, can love the world around us with the same transforming love.

'Mindfulness and Christian Spirituality: Making Space for God' by Tim Stead (SPCK)
Tim defines mindfulness as being more fully *aware* of our own *experience* in the *present moment* in a *non-judgmental* way. Tim reflects: 'If I feel loved entirely without judgment, I will gradually dare to allow every aspect of myself to come into the light of God's gaze and so into relationship with the rest of myself - and *this* is how healing comes.'

'Soulfulness: Deepening the mindful life' by Brian Draper (Hodder & Stoughton)
A new Christian take on mindfulness, from author and spiritual advisor Brian Draper.

'How to be a Mindful Christian: 40 simple spiritual practices' by Sally Welch (Canterbury Press Norwich)
This introduction to Christian mindfulness offers a practical guide to mindfulness as a way of Christian living. It brings together the popular practice of mindfulness and Christian spiritual disciplines such as prayer and contemplation.