

Be Empowered.

- Sponsor a NAMI Walk Team
- Start a Mental Health Friendly Ministry in Your Community
- Build a Mental Health Library or Kiosk with Current Information
- Create a PSA (Public Service Announcement)
- Create a Quick Reference Guide or List of Community Resources
- Host a Mental Health Conference to Serve the Local Community

“Walking for NAMI we experienced a sense of shared mission and joy. How invigorating to walk with like-minded people who desire to build community, share stories, end stigma, and work to make the world – here and now – better for all!”

*Barbara Zahner,
St. Francis of Assisi
Catholic Church*

How Can We Become a Mental Health Friendly Faith Community?

This brochure includes 24 suggestions for how faith communities can better serve those with mental health challenges and their families. Complete any 10 of the action items listed, and NAMI Santa Clara County will award you a certificate plus add you to the growing list of synagogues, temples, mosques, and congregations that are being intentional about creating a mental health friendly stigma-free space.

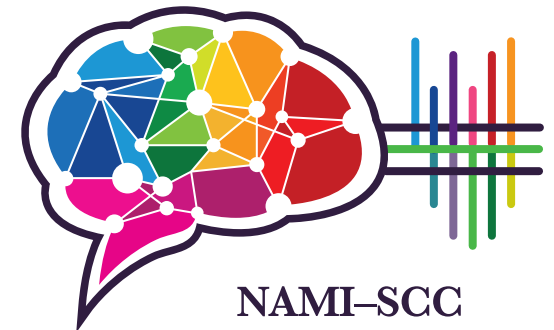
Be intentional. Be hopeful.

Since 2014, NAMI-SCC FaithNet has been Creating Mental Health Friendly Stigma-Free Congregations in Santa Clara County.

www.namisantaclara.org/faith-net

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Be a Mental Health Friendly Stigma-Free Faith Community



**NAMI-SCC
FaithNet**



SANTA CLARA COUNTY

Be Aware.

- Meet with NAMI FaithNet Staff
- Attend a FaithNet Lunch
- Hold a Wellness Fair and Include Mental Health
- Begin to Collect Local Resources
- Use Space for Recovery Programs
- Have a Strategic Planning Session

“Though many clergy have had an individual experience with NAMI through a member of their congregation, gathering at the NAMI Office for our lunch meeting gave us a more complete look at the scope of what their organization offers in the community.”

*Rabbi Melanie Aron,
Congregation Shir Hadash*

Be Educated.

- Host a NAMI In Our Own Voice
- Host a NAMI Ending the Silence
- Provide Suicide Prevention Training
- Host Mental Health First Aid
- Attend a NAMI Provider Education Class
- Invite Mental Health Professionals to Speak at Your Congregation

“I was personally moved by the ‘In Our Own Voice’ presentation at our church. Ally and Gayla’s testimonies and the video’s stories of the perseverance of people struggling with mental illness made clear that there is much we can do to help and support our brothers and sisters who face the difficulties and trial of mental illness.”

*Paul Boehm,
Good Samaritan UMC*

Be Vocal.

- Preach a Mental Health Sermon
- Include a Testimonial in Worship (Individual with Lived Experience)
- Present a Table of Mental Health Resources in the Local Area
- Join National Prayer Days for Mental Health/Suicide Prevention
- Participate in Mental Health Awareness Month in May
- Share Crisis Hotlines in Worship

“When we preach about mental health in worship, we lay our vulnerabilities on the table. This practice reinforces the good news of Christ: within our human frailty is exactly where God’s transforming love is made known.”

*Reverend Manda Truchinski,
Christ the Good Shepherd
Lutheran Church*