

Mental Health Friendly/Stigma Free Congregations

Santa Teresa Catholic Church

794 Calero Avenue, San Jose

<http://santateresachurch.com>

(408)629-7777

Santa Teresa's website has a section about its Mental Health Ministry which includes this statement:

We at Santa Teresa Church will offer practical knowledge and experience to anyone concerned about mental illness and mental health. The National Alliance on Mental Illness (NAMI) will be one of our supporting groups for education, support, advocacy and hope. Some Activities: NAMI Walk in September; annual candlelight prayer vigil in October; NAMI literature available after Masses; guest speakers like those from "In Our Own Voice;" and discussions about films like "Minds on the Edge" and "This Dust of Words." For more information contact: mentalhealth@santateresachurch.com

Saint Francis of Assisi Catholic Church

5111 San Felipe Road, San Jose

<https://www.sfoasj.com>

408-223-1562

Saint Francis has established 3GEN+ Mental Health Ministry to serve the 3 GENERations: youth, parents, and elders (and everyone in between). The mission of 3GEN+ is to educate, advocate, and accompany those affected by Mental Illness.

The Goals of the ministry are to:

- End the silence about talking about real and painful feelings and real and painful illness;
- Disrupt taboos; instead, to speak honestly about emotional and mental conditions about oneself and within one's family;
- Empower staff and volunteers to serve with confidence and competence the emotional and spiritual needs of the members of our faith community;
- Strengthen the faith connections of the Domestic Church through shared experiences, learning, reflections, and prayer;
- Provide a sense of purpose, meaning, and connection among the elderly in the parish—our founding Mothers and Fathers who now feel pushed aside;
- Encourage the clergy to preach about mental and emotional health and the roles of faith, spirituality in well-being and wholeness;
- Draw from Catholic wisdom on the power of centering and grounding in prayer through Thomas Keating, James Martin, Richard Rohr, Joan Chittister, Dorothy Day, Nancy Kehoe, Julian of Norwich, and Fae Malania, and others.

WestGate Church

1735 Saratoga Ave. San Jose, CA 95129 408.252.3700

6601 Camden Ave. San Jose, CA 95120 408.268.1676

<https://www.westgatechurch.org>

WestGate Church is a Christian church with multi campuses, including a Spanish congregation, in San Jose, CA. Its many ministries include caring for the mental health and the wellbeing of its congregants and has staff and volunteers dedicated to this cause. Some highlights include:

- Regularly preaching on mental health by Senior Pastor and other Teaching Pastors on Sunday services
- Collecting and sharing of resources and referrals on mental health with the congregants
- Currently has a NAMI Support Group (parents caring for children with special needs) meeting on-site/virtually
- Partnership with Christian Counseling Center for discounted rates for congregants
- Regularly holding special seminars and workshops by professionals in the field
- Dedicated Pastoral Care Pastors and Care team of professional volunteers offering life coaching and therapies