

## 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](mailto: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 the topic 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

### **Holy Redeemer Lutheran Church**

1948 The Alameda San Jose, CA 95126

<http://www.hrlcsj.org>

408-296-4040

Holy Redeemer's Mission Statement is "To be a place of safety, where disciples are free to engage in: Love of God, Compassion for Others, and Care for God's Creation."

Being a place of safety is a deep commitment for us – a radically loving and welcoming community of faith. We welcome long-term members, frequent visitors and others seeking sanctuary every Sunday at 10am. With our Food Pantry, The Closet, Christmas Gift Ministry, Families in Need, recovery programs, and connection with the The Muindi Foundation, we offer vital resources for people who are unhoused and struggling.

We are a Reconciling in Christ congregation, openly accepting LGBTQ+ people, their families and friends. Holy Redeemer also actively seeks to provide community for those who may have mental health challenges. We regularly address the topic of mental health in sermons and prayers.

Please join us on Sundays at 10am! (HRLC will open for in-church services on July 4, 2021.)

## **Congregation Beth AM**

26790 Arastradero Rd Los Altos Hills, CA 94022

<https://www.betham.org>

mentalhealth@betham.org

Congregation Beth AM is truly one of Santa Clara County's pioneers in developing a mental health ministry. Sixteen years ago, after the courageous testimonial of a member with Major Depressive Disorder, Congregation Beth AM went on to create a mental health support group called Beit R'fuah which means House of Healing:

*Do you ever wish you could talk freely about dealing with depression or bipolar disorder in a safe and loving environment? Ever wish you could meet people who really understand what's it's like to be a sufferer or family member who copes with mental health issues? Beit R'fuah offers a confidential, safe and caring community of folks who really understand and offer support, connection and friendship. The group is led by a NAMI certified trainer who is proud to be one of Beit R'fuah's founders. Come and join us, learn techniques to promote relaxation, make wonderful new friends and learn about community resources. Remember — you are not alone; we are here.*

This group that begins with the breaking of Challah bread and a communal meal, and then moves into a time of meditation, sharing, and uplifting singing is a model for the kind of hope and connection a faith community can offer to those with mental health challenges.