

# Mental Wellness Toolkit

## Promoting Mental Wellness



Promoting mental wellness continues to be important, especially since 1 in 5 U.S. adults experience mental illness each year. That means you probably know someone in your congregation or community who is struggling with a mental health condition.

During Mental Wellness Month in January—and year-round—share the following suggestions in your sermons, bulletins, social media sites, and other outlets:

### Tips to enhance your mental wellness:

- Seek professional help if you are experiencing stress, anxiety, and other mental health conditions
- Practice gratitude
- Strengthen your connections with friends, family, and other members of your congregation and community
- Exercise
- Volunteer and help others
- Get enough sleep
- Eat a nutritious diet
- Find time for hobbies and other enjoyable activities

## Promoting Mental Wellness Flyer



[tinyurl.com/ycyfatzpd](https://tinyurl.com/ycyfatzpd)



## Mental health fast facts



[tinyurl.com/yeynnj3b](https://tinyurl.com/yeynnj3b)

## B4Stage4

Changing the Way We Think About Mental Health

### Mental Health Matters For Everyone



## Mental Health America B4Stage4 campaign



[tinyurl.com/murh99ae](https://tinyurl.com/murh99ae)

## Bringing Mental Health to the Forefront: Tips for Faith Leaders

Talking openly about mental health in your house of worship can play an important role in destigmatizing the topic and creating a welcoming and affirming space for those living with mental health conditions.

### Among the ways faith leaders can bring mental health to the forefront:

- Preach about mental health, including the [facts and common myths](#). [Read one pastor's story](#).
- Incorporate specific prayers for those living with mental illness into prayers at worship services.
- Include information about mental health in church bulletins or newsletters.
- Invite local mental health experts—including those who have experienced mental illness—to speak with your congregation.
- Support the development of a [trauma-informed community](#).
- Organize meetings, dinners, or other gatherings for members of your congregation or community to have conversations about mental health.

### To promote acceptance of those with mental health issues:

- Talk about your own mental health openly.
- Be an example of taking good care of your mental health by making mental wellness a priority in your personal life.
- Be inclusive. Mental health affects all of us.
- Foster opportunities to build connections with individuals and families dealing with mental health challenges through trust and acceptance.
- Foster safe and supportive environments for people to openly talk about mental health, stress, trauma, and related issues.
- Ask, "What happened?" instead of, "What's wrong?" when [talking with a friend](#) in need.
- Encourage and express empathy in your family, congregation, and community. Convey a message of nonviolence, acceptance, and compassion.

### Resources:

- [Quick Reference on Mental Health for Faith Leaders](#)
- [Mental Health Guide for Faith Leaders](#)
- [Creating Community Connections for Mental Health](#)



AdvocateAuroraHealth

## Tips for faith leaders



[tinyurl.com/2rvrtxev](https://tinyurl.com/2rvrtxev)

## Words Matter: Terms to Use and Avoid When Talking about Mental Health and Substance Use

Courtesy: CDC

### Drug/Substance Use

#### Instead of this...

Drug-users/addicts/drug abusers

Alcoholics/abusers

Persons taking/prescribed medication assisted treatment (MAT)  
Persons who relapsed  
Smokers

#### Try this...

Persons who use drugs/people who inject drugs  
Persons with substance use disorder  
Persons with alcohol use disorder  
Persons in recovery from substance use/alcohol disorder  
Persons taking/prescribed medications for opioid use disorder (MOUD)  
Persons who returned to use  
People who smoke

### Mental Health/Behavioral Health

#### Instead of this...

Mentally ill  
Crazy  
Insane  
Mental defect

Suffers from or is afflicted with [condition]

Asylum

#### Try this...

People with a mental illness  
People with a pre-existing mental health disorder  
People with a pre-existing behavioral health disorder  
People with a diagnosis of a mental illness/mental health disorder/behavioral health disorder  
Psychiatric hospital/facility

Mental illness is a general condition. Use specific disorders whenever possible. For example:

- Person with depression

## Mental health terms to use and avoid



[tinyurl.com/yuywscad](https://tinyurl.com/yuywscad)

## Mental Health Hotlines and Locator Tools

Call, text, or chat 988 to National Suicide Prevention Lifeline

### Other Support Hotlines

- [National Suicide Prevention Lifeline](#) 1-800-273-8255
- [NAMI Chicago Helpline](#): 833-NAMI-CHI
- [The Friendship Line](#) - 1-800-971-0016
- [Crisis Text Line](#) - HOME to 741741
- [SAMHSA's National Helpline](#) - 1-800-662-HELP (4357)
- [Maternal Mental Health Hotline](#) - 1-833-9-HELP4MOMS

### Locator Tools

Locator Tool for Substance Abuse Treatment - [FindTreatment.gov](#)

[Behavioral Health Treatment Services Locator](#)



## Hotlines and locator tools



[tinyurl.com/8d9vnxre](https://tinyurl.com/8d9vnxre)