



# Mental Health MATTERS

# Mental Health MATTERS



## EVERY DAY

## EVERY DAY

Look into the faces of our congregation. One in every four will suffer some form of mental illness this year, ranging from depression and anxiety to schizophrenia and bipolar disorder. They are illnesses like any other medical illness which require treatment. Faith communities should be nurturing to those living with mental illness, helping them to grow, and supporting them with a sense of belonging. When we are loved and cared for, we can then

Look into the faces of our congregation. One in every four will suffer some form of mental illness this year, ranging from depression and anxiety to schizophrenia and bipolar disorder. They are illnesses like any other medical illness which require treatment. Faith communities should be nurturing to those living with mental illness, helping them to grow, and supporting them with a sense of belonging. When we are loved and cared for, we can then

reach out to others with understanding and compassion as we recognize our own gifts and share them. Our world is then filled with the beauty and fullness of life that God desires for us.

reach out to others with understanding and compassion as we recognize our own gifts and share them. Our world is then filled with the beauty and fullness of life that God desires for us.



***Faith communities raise awareness  
of mental illness***

The faith community says to those people who suffer from symptoms of mental illness, and to their families:

*We will walk with you. God walks with you.  
You will not go through this alone.*

**Prayer**

Oh Lord, you have searched us and known us  
You know when we sit down and when we rise up,  
and you know our inner most thoughts.  
You search out our paths and know all our ways.  
Before we speak you know our words.  
When we were knit together in our mother's womb  
You knew us as woman, as child, as man.  
Wherever we go, your hand will lead us.  
So guide us along the pathways to hope,  
that night becomes as bright as day.  
So lead us on our walk together,  
that darkness is lifted from our hearts.  
So encourage us that our sisters and brothers  
Who have mental illness shall know that  
They never walk alone.

***Amen***

***Faith communities raise awareness  
of mental illness***

The faith community says to those people who suffer from symptoms of mental illness, and to their families:

*We will walk with you. God walks with you.  
You will not go through this alone.*

**Prayer**

Oh Lord, you have searched us and known us  
You know when we sit down and when we rise up,  
and you know our inner most thoughts.  
You search out our paths and know all our ways.  
Before we speak you know our words.  
When we were knit together in our mother's womb  
You knew us as woman, as child, as man.  
Wherever we go, your hand will lead us.  
So guide us along the pathways to hope,  
that night becomes as bright as day.  
So lead us on our walk together,  
that darkness is lifted from our hearts.  
So encourage us that our sisters and brothers  
Who have mental illness shall know that  
They never walk alone.

***Amen***