

Mental Health and the Local Church: Practical wisdom and tools

Definitions: What do we mean when we are talking about mental health and mental health disorders?

Mental Health

Mental Health Challenge

Mental Health Disorder

Sometimes it's helpful to understand mental health as a spectrum

Health  Stressed  Struggling  Crisis

Why should the local church be involved and aware?

How many Americans experience a mental illness every year? _____

How many Americans experience a severe mental illness every year? _____

How many U.S youth (ages 6-17) experience a mental health disorder every year? _____

How many individuals will reach out to their pastor *first* when they're experiencing a mental health struggle? _____

The care of those who are experiencing mental health challenges, and their loved ones, is directly tied to one of the core values we have as Nazarenes, compassionate ministry.

How do mental health challenges and disorders happen?

Risk Factors

Protective Factors

What are the signs that someone is experiencing a mental health challenge or thinking about suicide?

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What are things I might notice when someone is experiencing a mental health challenge?

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How do we incorporate help, hope, and healing as the body of Christ?

What resources exist to help me support others or receive support for myself?

Crisis Services

If you or someone you know is experiencing a mental health crisis, call **9-8-8**

If you or someone you know is at risk of harm themselves or others, call **9-1-1**

If you are experiencing a mental health challenge, text 741741. Available 24/7

*Standard text messaging rates may apply

Behavioral Health Urgent Care Walk-In Clinic, Bloomington

520 N. Center St. (Under the tower), Bloomington, IL 61530

No phone calls, walk in only.

Monday-Friday - 9:00 am to 1:00 am, **Saturday** – 5:00 pm to 1:00 am, **Sunday** – 9:00 am to 1:00 am

CARES Line – DCFS Screening, Assessment and Support Services (SASS)

Mental Health crisis for children (under age 21) with Medicaid or DCFS involved

Statewide in Illinois, call 1-800-345-9049

Available 24/7

Mobile Crisis – The Center for Human Services, McLean County

Emergency crisis intervention services , call 309-827-5351

On-site evaluation and phone assistance

Available 24/7

Tazewell & Woodford County ERS (Emergency Response System)

Mental Health and Substance Use Disorder related crisis: (309) 347-1148

Available 24/7

The Warm Line - Illinois (Non-Crisis)

Support line for mental health and / or substance use challenges, family, friends, and community members.

1-866-359-7953

Available **Monday – Friday** - 8:00 am to 5:00 pm

Further Education

Bethere.org – a self-paced virtual training on how to support others who are experiencing mental health challenges.

Church of the Nazarene: The Discipleship Place video series “Mental Health in Discipling Communities” featuring Dr. Janet Dean:

<https://youtube.com/playlist?list=PLIy7tslp18wNZ6JIGFe6OWsl-zpSC2pxJ&si=ui5AOOPH0ZRxTp6h>

Community Training: Mental Health First Aid for Adults or Youth, or QPR Suicide Prevention Training. These evidence-based trainings address mental health disorders, signs and symptoms, and what to do when someone you know is experiencing a mental health challenge or crisis as well as suicide prevention. This training is available for free through a grant from the Substance Abuse Mental Health Services Association, or SAMHSA. Training can be provided on-site. For more information, contact Rose Addo at addo@mcchs.org or 920-815-5710

Mental Health First Aid - Adult trainings: <https://mcchs.org/services/mental-health-first-aid-adult>

Mental Health First Aid - Youth trainings: <https://mcchs.org/services/mental-health-first-aid-youth>

QPR (Suicide Prevention) trainings: <https://mcchs.org/services/qpr-suicide-prevention-training>

Illinois Department of Human Services Recovery & Empowerment Handbook: https://sinnissippi.org/wp-content/uploads/2019/06/10th-edition-RE-Handbook-English-FINAL_042318.pdf

Podcast: “The Best of You” with Dr. Alison Cook. Psychology from a faith-based perspective.

Professional Therapy Services

Psychology Today website: <https://www.psychologytoday.com/us> - search for professional therapists, psychologists and psychiatrists by location, concerns, insurance, gender, types of therapy, age, ethnicity, language, faith and cost.

Additional Resources:

PATH Resources Line: Dial 2-1-1 *to locate local resources for a variety of needs.*

Sexual Assault Hotline: 1-800-656-HOPE (4673) or <https://hotline.rainn.org/online>

Substance Use Treatment: <https://findtreatment.gov/locator>

Suicide Hotline: 800-273-8255 <https://suicidepreventionlifeline.org/chat/> (Online Chat)

Suicide Survivors Support: <https://allianceofhope.org/>