



Mental Health Resource Guide for Faith Communities

2021



This resource guide is intended for informational purposes only. As services and programs are subject to change, individuals are responsible for verifying the accuracy of the services provided and the fees associated. The intent of NAMI SF is to update the guide annually so please feel free to contact staff with current information and we will do our best to keep the online version up to date. Send updates to: reggieanne@namisf.org.

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GENERAL MENTAL HEALTH RESOURCES

[NAMI San Francisco](#). Local affiliate of the National Alliance on Mental Illness. Find additional resources specific to the Bay Area, Support groups, Psychoeducation classes, and public presentations.

[National Alliance on Mental Illness \(NAMI\)](#). “America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness,” NAMI provides information, advocacy, support groups, referrals, and more. While not a faith-based organization, NAMI exists in part to provide the kind of support churches and their leaders need.

[National Institute of Mental Health](#). This federal government agency’s site is packed with information about mental health and specific mental disorders, mental health research, and links to more resources.

[Mental Health First Aid](#). This program trains people to act as effective first responders in mental health crises.

RESOURCES FOR FAITH COMMUNITIES

[Pathways to Promise](#). A broadly faith-based resource that exists “to facilitate the faith community’s work in reaching out to those with mental illnesses and their families.” They offer information and resources for congregations and their leaders, some of it geared specifically to Christian ministry. Pathways to Promise provides consultation and training programs, including the Companionship model, in a variety of settings.

[Mental Health Ministries](#). A program of Pathways to Promise, Mental Health Ministries is a web-based resource site available to all but it can also provide resources to augment the training programs offered by Pathways to Promise. The focus is on using one’s faith and spirituality as an important part of the recovery and treatment process and as a way for family members to find strength and hope in caring for a loved one with a mental illness.

[Catholic Archdioceses of San Francisco](#). Support and Resources for the San Francisco Mental Health Ministry program.

[Hope for Mental Health Starter Kit](#). This resource from Saddleback Church contains various multimedia materials that churches, large and small, can use to launch their own ministry to people living with mental illness.

[Center for Faith-based and Neighborhood Partnerships \(Partnership Center\)](#). Created by the Department of Health and Human Services, The Partnership Center leads the department’s efforts to build and support partnerships with faith-based and community organizations in order to better serve individuals, families and communities. They have created a number of useful guides:

[Mental Health Grace Alliance](#). This organization is a multi-faceted, Christ-centered resource for people with mental illness and their families. The focus is on recovery and living well with a mental health challenge. They provide support groups for people with mental illness and their families, coaching for people who are working toward recovery from a mental health crisis, and training for leaders.

[Fresh Hope](#). This organization was founded by Pastor Brad Hoefs, who lives with bipolar disorder. He understands both the challenges of ministry and the difficulty of living with serious mental illness. This is a Christ-centered support group ministry that equips churches to establish peer support for people who have mental illness and their loved ones.

[Sanctuary Mental Health Ministries](#) provides resources that meaningfully engage the topics of faith and mental health. Our content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing.

BOOKS

[Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness](#). This book by Dr. Matthew Stanford (Biblica Publishing, 2008), a neuroscientist, a researcher, and a leader with a passion for seeing the church do great ministry among people affected by mental illness, presents detailed information about various types of disorders, with biblical perspective on each. *Christian focus.*

[Troubled Minds: Mental Illness and the Church's Mission](#). This is a book by Amy Simpson (InterVarsity Press, 2013), who grew up in a family profoundly affected by schizophrenia. It contains stories of individuals and families touched by mental illness, helps readers understand some of the challenges they face, and calls the church to fulfill its mission and extend love specifically to people who live with mental illness and often feel marginalized and rejected. *Christian focus.*

FAITH CENTERED SUPPORT GROUPS

[NAMI has developed list of National online Faith Support Groups](#)

MENTAL HEALTH GUIDES AVAILABLE FOR DOWNLOAD

- [One Voice, One Community: Building Strong and Effective Partnerships Among Community and Faith Organizations](#)
- [One Voice, Once Community: Companion Videos](#)Information for Faith-Based and Community Leaders
- [Everyone Can Play a Role in the Conversation about Mental Health: Fact Sheet for Faith-Based Communities](#)
- [The Opioid Crisis Practical Toolkit: Helping Faith-based and Community Leaders Bring Hope and Healing - PDF*](#)
- [Compassion in Action: A Guide for Faith Communities Serving People Experiencing Mental Illness and Their Caregivers - PDF*](#) (July 2020)
- [Considering Faith, Community, and Mental Health During the COVID-19 Crisis - PDF](#) (April 2020)
- [Faith & Community Roadmap to Recovery Support: Getting Back to Work - PDF*](#) (March 2020)