



MENTAL HEALTH
friendly **COMMUNITIES**
Building Mental Health Friendly Communities
...one congregation at a time



Ten Commitments

The Leaders of this House of Worship have made a commitment to our members and the broader community to become a Mental Health Friendly Community of Faith. We therefore have adopted the following Ten Commitments:

- 1 Commit to Eliminating Mental Health Stigma and Discrimination and Improving Outcomes for Consumers and Family Members in our Faith Community and Beyond
- 2 Develop a Mental Health Ministry
- 3 Host Regular Mental Wellness Support Groups for Our Members and Community
- 4 Host an Annual Mental Health Wellness Training Event and Pass Out the Green Ribbons that Promote Mental Health Awareness
- 5 Will Recognize and Promote Mental Health Awareness Month Each May
- 6 Will Recognize and Promote the National Mental Health Week of Prayer, The First Full Week of October, and the First Tuesday as National Mental Health Awareness Day of Prayer and Participate in Events Sponsored by the County's Mental Health Agency and The Each Mind Matters Campaigns
- 7 Utilize Mental Wellness Friendly, (People First) Language in Our Teaching, Preaching, and Ministries
- 8 Will Dedicate at Least Two Affirming Mental Wellness Messages Annually
- 9 Foster, Cultivate and Develop Collaborative Relationships with Like Minded Organizations Committed to Promoting Mental Wellness in the African-American Community
- 10 Will Incorporate Mental Wellness Training in Church Wide Events, Retreats, and Workshops



Find Support and Resources

24-hour Suicide Prevention Number: 1-800-273-TALK (8255)
*(Press 1 for a dedicated line for veterans and their families.
For TTY capability, call 1-800-799-4TTY (4889))*

California Youth Crisis Line: 1-800-843-5200

211: Community Services, Information and Referral Line

911: In case of psychiatric emergency

Each Mind Matters: EachMindMatters.org

National Alliance on Mental Illness CA: NamiCA.org

Mental Health America of California: MHAC.org

Mental Health Friendly Communities:
TriCitiesCDC.com/?page_id=10

Mental Health Ministries: MentalHealthMinistries.net

African-American Providers Directory:
[http://www.aahi-sbc.org/uploads/
African_Am_CRDP_MHDirectoryFINAL.pdf](http://www.aahi-sbc.org/uploads/African_Am_CRDP_MHDirectoryFINAL.pdf)



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).