



The Mental Health Task Force was organized about 15 years ago. While the methods of providing resources have changed significantly, we continue to receive a special offering every May to support this effort. Over the past few years, these funds have made it possible for us to pay the cost of Mental Health First Aid trainings in the Susquehanna Annual Conference.

EVERYONE has mental health. Like our physical health, our mental health can vary from day to day or even in the course of a day. In many of our congregations are individuals who struggle with mental illness: anxiety, depression, bipolar disorder, schizophrenia and many other mental illnesses can impact the life of the individual and their family. How do we as congregations respond? How do we support one another as we journey together? Excellent resources for congregations and pastors can be found at the Mental Health Ministries website. <http://www.mentalhealthministries.net/>

"Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness." To learn more, go to <https://www.mentalhealthfirstaid.org>

If you are interested in hosting an MHFA course, please contact Sharon Engdahl at the Mental Wellness Awareness Association. This organization has trainers qualified to teach a variety of MHFA courses, provide training on mental health advanced directives, and presentations on mental wellness. <http://mentalwellnessawareness.org/>

It is our goal to provide at least TWO MHFA trainings in the Conference each year. Each training is limited to 30 participants.

- The Mental Health offering will cover the cost of the trainer(s), their transportation and lodging, if needed.
- The Mental Health offering will provide a stipend to the host church to cover the cost of any meals provided.
- Each participant is asked to pay \$20 to cover the cost of the MHFA book.

We hope to continue to offer Mental Health First Aid Trainings throughout the Annual Conference, but are also available to help organize or provide training on specific mental health issues as needed.

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