



[www.mentalwellnessawareness.org](http://www.mentalwellnessawareness.org)



MENTAL  
HEALTH  
FIRST AID

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## May is Mental Health Month!

Since 2009 the Susquehanna Conference has been working with the Mental Wellness Awareness Association in Pennsylvania to bring the evidence-based international Mental Health First Aid Class to all United Methodists and to the public.

Through designated offerings to the **Mental Health Awareness Sunday Offering** over the past several years, United Methodists were able to attend these trainings at no cost. We are now asking UMC members to pay \$20 to cover the cost of the manual. Non-UMC members attend for \$50. **Contributions to the Mental Health Awareness Sunday Offering are essential to keeping this training going.**

Sunday, May 19, 2019, has been suggested as a day to support Mental Health Month by designating a special offering to support Mental Health Awareness efforts in the Susquehanna Conference. This is important work! The demand is high, and we want to continue providing the Mental Health First Aid Training or other training events throughout the conference to all members and as a community outreach program.

**Please plan to support this much needed training by promoting Sunday, May 19<sup>th</sup>, as Mental Health Awareness Sunday.** Thank you for encouraging financial support for the mental health programs of the SUSUMC. When submitting your offering, mark your contribution for offering #4050.

Thank you!

# MAY IS MENTAL HEALTH MONTH



People with mental problems are our neighbors. They are members of our congregations, members of our families; they are everywhere in this country. If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries for help come. A problem of this magnitude will not go away. Because it will not go away, and because of our spiritual commitments, we are compelled to take action. (Rosalynn Carter)

## DID YOU KNOW...

The magnitude of mental illness in this country is staggering. According to the Surgeon General, one in every five Americans experiences a mental disorder in any given year and half of all Americans have such disorders at some time in their lives. These illnesses of the brain affect all of us, regardless of age, gender, economic status or ethnicity.

Mental illness affects the mind, body and the spirit. It is a real, common and treatable illness. Mental illnesses are far more common than cancer, diabetes, heart disease or arthritis.

Our faith communities can be an important part of the recovery process through education, support and by helping individuals and families feel part of a caring community.

## **MAY HAS BEEN DESIGNATED AS MENTAL HEALTH MONTH**

Look for community events to highlight mental health issues affecting children, adolescents, adults and older adults. This is an opportunity to educate your faith community about mental illness and help them become caring congregations for persons with a mental illness and their families. Visit these websites for resources.

- NAMI FaithNet  
[www.nami.org/namifaithnet](http://www.nami.org/namifaithnet)
- Mental Health Ministries  
[www.MentalHealthMinistries.net](http://www.MentalHealthMinistries.net)
- Pathways to Promise  
[www.Pathways2Promise.org](http://www.Pathways2Promise.org)
- International Bipolar Foundation  
[www.internationalbipolarfoundation.org](http://www.internationalbipolarfoundation.org)