

MENTAL HEALTH

friendly COMMUNITIES

MHFC TEN COMMITMENTS

The Pastor, leadership and members of

(Name of Church Here)

Commit to our members and community to...

- Commit To Eliminating Mental Health Stigma, Discrimination And Improving Outcomes For Consumers And Family Members Of Our Congregation
- Develop A Mental Health Ministry
- Host Regular Mental Wellness Fireside Chats For Our Members And Community
- Host An Annual Mental Wellness Training Event
- Will Recognize And Promote The National Week of Prayer For Mental Wellness The First Full Week Of October and the Day of Prayer that Tuesday
- Will Recognize And Promote Mental Wellness Awareness Month (May)
- Utilize Mental Wellness Friendly, (People First) Language In Our Teaching, Preaching And Ministries,
- Will Dedicate At Least Two Messages Annually To Mental Wellness
- Foster, Cultivate And Develop Collaborative Relationships With Local Like Minded Organizations Committed To Promoting Mental Wellness In The African American Community
- Will Incorporate Mental Wellness Training In Church Wide Events, Retreats And Workshops

"The most important evidence based practice is "LOVE" the most often successful is PRAYER!"
Gigi R. Crowder (2013)