

Mental Health During the Holiday Season

COMMUNITY AND FAITH-BASED SUPPORT FOR MAINTAINING MENTAL HEALTH DURING THE HOLIDAYS

- * The winter holiday season has many joyful and family-centered celebrations, which may present challenges for people who may be impacted by mental illness, or who may be isolated or disconnected from relatives.

* During the holidays, it's good to reflect on how important communities and faith organizations can be in offering support for maintaining mental health, preventing suicide, and managing stress.

Communities and faith congregations can offer social support and acceptance. This joy-filled season provides opportunities for participating in faith traditions while reaffirming community, connectedness, and one's sense of belonging.

Faith organizations and communities are essential partners in efforts to reduce stigma and promote mental health and wellness.

Below are faith-based and community resources to support maintaining mental health during the holiday season

- * The [Mental Health Friendly Communities Brochure](#) is a print-ready informational tool that provides background on the faith-based mental health program sponsored by [Each Mind Matters](#).
- * The [Faith.Hope.Life](#) campaign, developed by the National Action Alliance for Suicide Prevention's [Faith Communities Task Force](#), is an opportunity for every faith community in the United States, regardless of creed, to support suicide prevention.
- * [Fotonovela "Faith"](#), sponsored by [Each Mind Matters](#), addresses depression and provides a visual story along with expert advice, tips, and games to involve the entire family. Brochures in [Spanish](#) and [English](#).



[Mental Health Ministries](#) is an interfaith web-based ministry to provide educational resources to help erase the stigma of mental illness in faith communities.



The [National Alliance on Mental Illness \(NAMI\)](#) page on [Faith & Spirituality](#) addresses how faith communities can support an individual's recovery and their family during a crisis. NAMI's [FaithNet](#) is a resource network that supports partnerships between families and individuals coping with mental health challenges and the faith community.



[MentalHealth.gov's website for community and faith leaders](#) includes information on how to educate communities and congregations, identify opportunities to support people with mental illnesses, connect individuals and families to help, and promote acceptance of those with mental health issues.



[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) promotes the [Faith-Based and Community Initiatives \(FBCI\)](#) model for how effective partnerships can be created between federal programs and faith-based and community organizations. FBCI supports several programs in mental health services, substance abuse prevention, and addiction treatment at the national, state, and local levels.



[Kaiser Permanente](#) offers a series of [free recorded and live virtual wellbeing classes](#) to support understanding of common mental health conditions and provide strategies that can be used to develop healthy coping skills that lead to positive behavior change.



[Sharing a Legacy of Caring: Partnerships between health care and faith-based organizations](#) promotes connections to support holistic wellness among individuals and families from diverse communities. It addresses concerns about legal and logistical challenges that are relevant to behavioral health providers.



[Mental Health: A Guide for Faith Leaders](#) from the [American Psychiatric Association \(APA\)](#) Foundation supports faith leaders in working with congregations and families dealing with mental health challenges. In addition, the APA's [Mental Health and Faith Community Partnership](#) is a collaboration between psychiatrists and clergy aimed at fostering a dialogue between two fields, reducing stigma, and accounting for medical and spiritual dimensions as people seek care.



Confidential and [FREE](#), the [San Diego Access & Crisis Line \(ACL\)](#) (1-888-724-7240) offers support and resources countywide in over 200 languages from experienced counselors on all behavioral health, mental health and substance use topics, including alcohol and substance use support services, crisis intervention, mobile crisis response services, community resources, mental health referrals, and suicide prevention.



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