



# New Resources on Mental Health for Faith Leaders



The American Psychiatric Association Foundation has produced two new resources to help faith leaders better understand mental illness and treatment, and better help individuals and families in their congregations facing mental health challenges. A 20-page booklet, **“Mental Health: A Guide for Faith Leaders”** and a companion two-page **“Quick Reference on Mental Health for Faith Leaders”** are available from the American Psychiatric Association Foundation at [www.psychiatry.org/faith](http://www.psychiatry.org/faith). These resources are the culmination of work from the Mental Health and Faith Community Partnership, a collaboration of psychiatrists and faith leaders representing diverse faith traditions.

Many people facing a mental health challenge, personally or a family member, turn first to a faith leader. And for many receiving psychiatric care, religion and spirituality are an important part of healing. In their role as “first responders,” faith leaders can help dispel misunderstandings, reduce stigma associated with mental illness and treatment, and help access to treatment for those in need. The Guide and Quick Reference provide faith leaders with the knowledge, tools and resources to support that role.



The Guide includes a general overview of mental health and mental illness and information on how faith leaders can support people with mental health challenges. For example, it discusses how to create a more inclusive and welcoming community, when and how to make a referral to professional mental health services, and ways to deal with resistance to accepting mental health treatment.

✓ **Both resources are available for download at [www.psychiatry.org/faith](http://www.psychiatry.org/faith)**

Print copies can be purchased by calling 703.907.8629 or emailing [APorfiri@psych.org](mailto:APorfiri@psych.org).

The American Psychiatric Association is a national medical specialty society whose physician members specialize in the diagnosis, treatment, prevention, and research of mental illnesses, including substance use disorders. Visit the APA at [www.psychiatry.org](http://www.psychiatry.org). The American Psychiatric Association Foundation is the philanthropic and public education arm of the American Psychiatric Association and is on the web at [www.americanpsychiatricfoundation.org](http://www.americanpsychiatricfoundation.org)