

Mental Health Ministry Master Class

Reference Guide



WELCOME TO THE MENTAL HEALTH MINISTRY

REFERENCE GUIDE

A comprehensive resource designed to equip your ministry with the tools, knowledge, and strategies to support mental health within your faith community or organization. This guide serves as a roadmap for building a compassionate and informed ministry that addresses mental health challenges with grace, understanding, and practical solutions.

In this guide, you'll find:

1. **Mental Health Ministry Building**

- a. Step-by-step guidance on establishing and growing a mental health ministry that aligns with your faith community's mission and values.

2. **Organizational Readiness**

- a. Tools and frameworks to assess the mental health needs of your community and evaluate the effectiveness of your ministry efforts.

3. **Mental Health Disorder Factsheets**

- a. Easy-to-understand factsheets on common mental health disorders to help you and your team better understand and support those in need.

4. **reImagine and Transformed Groups**

- a. Practical instructions for integrating these powerful resources into your ministry to foster healing and transformation. **Resource only available through the Mental Health Coach training course.**

5. **GTHU Resources and Referral Network**

- a. A curated list of resources and referral network to connect individuals with professional mental health support and services.

This guide is more than just a collection of information—it's a call to action. By using these resources, you can create a safe and supportive environment where individuals feel seen, heard, and valued. Together, we can break the stigma surrounding mental health and embody the love and compassion that is central to our faith.

TABLE OF CONTENTS

Mental Health Ministry Building	4
Organizational Readiness	19
Mental Health Disorder Factsheets	26
reImagine & Support Groups	50
<small>*Resource only available through the Mental Health Coach training course.</small>	
GTHU Resources and Referral Network	59

MENTAL HEALTH MINISTRY

An effective mental health ministry requires more than just a vision—it demands a clear, actionable plan to bring that vision to life. This implementation plan serves as your roadmap, guiding your faith community or organization through the steps needed to establish, grow, and sustain a mental health ministry that truly makes an impact.

From setting goals and building a team to integrating mental health practices into your ministry's culture, this plan outlines practical strategies and timelines to ensure success. By following this guide, your faith community or organization will be equipped to move from intention to action, creating a ministry that supports mental health with purpose, compassion, and excellence.



A PRAYER FOR MENTAL HEALTH MINISTRY

Dear Lord,

We pray that as a faith community / organization we equip ourselves to understand, support, and guide those struggling with mental health distress and their families. Help us show them your grace and never-ending love. We pray for all those struggling with mental health distress and we ask that they come to know your grace and love in moments of struggle.

In Your name we pray,
Amen

Jeremiah 33:6 “Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”



Individuals experiencing psychological distress are more likely to go to a clergy before any other professional group; this is especially true in minority populations.



Matthew S. Stanford, Ph.D.
Hope and Healing Center & Institute

IMPLEMENTATION TOOL

FORM & DEVELOP

FORMULATE A HEALTHY TEAM

- Core Group - instrumental in initiating the ministry and assessing progress
- Diverse Backgrounds
- Cover all age demographics

MINISTRY ACTION PLAN

- Mission Statement & Values
- Vision & Goals
- Resource Capacity

ESTABLISH

START YOUR MENTAL HEALTH MINISTRY TEAM

- Recruitment
- Characteristics and Responsibilities
- Train your Team
- Time Commitments
- Ongoing Training Needs

SUSTAIN

KEEP MENTAL HEALTH MINISTRY VISIBLE

- Other program ideas ("MH Sunday", movie nights, workshops, events)
- Collaborate with existing ministries
- Ongoing Ministry Evaluation

PROMOTE

INTRODUCE MENTAL HEALTH MINISTRY TO FAITH COMMUNITY OR ORGANIZATION

- MH Awareness Efforts
- Provide printed and educational materials about the services offered
- Promotion of Services
 - Overview of Services
 - Educate Staff, Volunteers, Leaders
- Market to Local Community

MENTAL HEALTH MINISTRY

Implementation Plan

Step 1: Form – Leadership Team

Mental Health Ministry Support Team

- Small group that will be instrumental in developing a ministry action plan, initiating the ministry, and assessing progress.

Leadership Team – What existing assets do you already have?

- Diversity
- Faith community or organizational leaders
- Elders or board members
- Representatives from current ministries / outreach programs
- Cover all age demographics – Youth, young adults, and the elderly
- Licensed mental health care providers in your faith community or organization
- Those interested in mental health, those who have overcome mental health struggles, or those passionate about helping others

Step 2: Develop – Ministry Action Plan

Mission Statement and Values

- Who do you want to serve?
- What do you plan to do?
- What kind of impact do you want to have?

Casting Vision

- What do you hope that your ministry would accomplish?

Goals - Long-term & Short-term

- Resources
- Budget
- Yearly Expenses
- Use of church facilities

MENTAL HEALTH MINISTRY

Implementation Plan

Step 3: Establish – Mental Health Ministry (MHM)

Recruit Volunteers

- Host a faith community or organization interest meeting with volunteer sign-up
- Characteristics of MHM team members:
 - Passionate advocate of mental health, servant leader, active member of the organization or faith community.

Train your Team

- Empower Faith Communities – for all staff or volunteers involved in the MHM.
- Mental Health Coach training with selected specialty – based on population you are serving

Responsibilities of Team Members

- Assign roles as needed

Time Commitment

- Weekly – MH Coaching and Transformed Groups
- Monthly – Facility use

Ongoing Training Needs

- Refresher trainings, conference calls, Gateway to Hope University network events

Step 4: Promote – Introduce Your MHM

Raise Awareness of Importance of Mental Health Ministry

- Incorporate message in faith community or organization communications, sermons, web or social media platforms
- Information on mental health awareness weeks / months
- Provide printed and educational materials about the services offered
- Encourage staff and members to share news of the Mental Health Ministry

Promotion of Services

- Overview of services (Mental Health Coaching or Transformed Groups), point out key differences between Transformed Groups vs. bible study/coaching vs. counseling
- Educate staff, volunteers, and other leaders on what the MHM does and how they might connect individuals with services
- Use Social Media Toolkit to promote month-long marketing campaign

Market to Local Community

- Determine where to advertise and how often
- Get help from members via word of mouth, sharing social media campaign, etc.

MENTAL HEALTH MINISTRY

Implementation Plan

Step 5: Sustain– Keep Your Ministry in Front of Your Faith Community or Organization

Brainstorm other Outreach Ideas:

- “Mental Health Ministry Sunday”
 - Highlighting the work the Mental Health Ministry has done
 - Include testimonial video and success stories
 - Host movie nights with movies about mental illness
- Mental Health Ministry Month (May)
 - Host workshops
 - Mental Health Wellness Event / Fair
- Continue to incorporate mental wellness strategies throughout your faith community or organization
- Collaborate with existing ministries for health-related projects or community-based projects
- Host health fairs including mental health awareness information
- Evaluate your ministry at least three times a year to assess its effectiveness, identify needs and challenges, and recommend improvements through submitting monthly reports
- Regularly recruit new volunteers

Organizational Flow Chart

LEAD PASTOR

**MENTAL HEALTH
MINISTRY LEADER**

**MENTAL
HEALTH COACH**

**MINDS
TRANSFORMED
GROUPS (2)**

**FAMILIES
TRANSFORMED
GROUPS (2)**

**HEARTS
TRANSFORMED
GROUPS (2)**

***THIS RECOMMENDED
STRUCTURE IS MEANT
TO BE A STARTING
POINT...IT LOOKS
DIFFERENT FOR EVERY
FAITH COMMUNITY!**

MENTAL HEALTH MINISTRY

Church Announcement Script

Introduction:

Good morning, everyone. I'd like to share some exciting news about a new initiative we're launching here at [Church Name]. We're thrilled to introduce Gateway to Hope University, our new mental health ministry.

Main Message:

At [Church Name], we deeply value the well-being of our entire community, and we recognize the importance of addressing mental health with understanding and compassion. Gateway to Hope University is a ministry designed to offer a safe, supportive space where individuals and families can find encouragement, healing, and practical tools to grow spiritually and emotionally.

Details:

Gateway to Hope University will provide a variety of services, including:

- **Mental Health Coaching** – Trained Mental Health Coaches who offer faith-informed guidance for those navigating mental health distress.
- **Transformed Support Groups** – Connect with others who share similar experiences in a confidential and uplifting space.
- **Continued Support and Education** – Equip yourself with tools for resilience, topical educational training, ministry stress management, and emotional well-being.
- **Ministry Care and Support** – Experience the power of evidence-based research coupled with spiritual accompaniment designed to meet the needs of your faith community.

This ministry is here for anyone who may be facing mental health distress, supporting a loved one, or simply looking to learn more about mental health. We welcome everyone—because no one has to walk this road alone.

Call to Action:

We encourage you to take the next step by attending our Informational Session on [Date] at [Time]. This is a wonderful opportunity to learn more about Gateway to Hope University, meet the team, and find out how we can support you or someone you care about.

For more details, please visit [website link], or feel free to contact us directly at [phone number] or [email address].

Closing:

Together, as a community of faith, we can break down barriers, remove the stigma surrounding mental health, and help one another find a pathway to hope and healing.

Thank you, and we look forward to seeing you at the informational session!



THIS CHURCH IS A PLACE OF HEALING

Mental health struggles often go unseen, but they don't have to go unsupported.

UPDATES

Our church has launched a mental health ministry to care for the emotional and spiritual well-being of our congregation. We've partnered with **Gateway to Hope University** to receive training and resources that help us respond to mental health challenges with wisdom, compassion, and faith.

What We're Doing

With the help of **Gateway to Hope University**, we're building a ministry that equips our leaders and members to:

- ✓ Recognize signs of mental and emotional distress
- ✓ Respond with empathy and appropriate care
- ✓ Create safe spaces for conversation, healing, and support
- ✓ Walk alongside individuals and families facing trauma, depression, and more

LEARN MORE

WHETHER YOU'RE NAVIGATING A DIFFICULT SEASON OR WANT TO SUPPORT OTHERS, WE'RE HERE FOR YOU.

[LEARN.GTHU.ORG](https://learn.gthu.org)

MENTAL HEALTH MINISTRY

Template Emails

Mental Health Ministry Launch Email 1

Subject Line: Introducing Gateway to Hope University – Our New Mental Health Ministry

Dear [Recipient's First Name],

We are excited to announce the launch of Gateway to Hope University, our church's new mental health ministry. This initiative reflects our unwavering commitment to fostering a community that prioritizes healing, hope, and holistic well-being.

Why Gateway to Hope University (GTHU)?

Mental health challenges can affect anyone, and seeking support is a courageous step. At Gateway to Hope University, we aim to offer a safe and compassionate environment where individuals and families can find encouragement, understanding, and practical tools for thriving in their spiritual and mental health journeys.

What GTHU Has to Offer:

- **Mental Health Coaching** – Trained Mental Health Coaches who offer faith-informed guidance for those navigating mental health distress.
- **Transformed Support Groups** – Connect with others who share similar experiences in a confidential and uplifting space.
- **Continued Support and Education** – Equip yourself with tools for resilience, topical educational training, ministry stress management, and emotional well-being.
- **Ministry Care and Support** – Experience the power of evidence-based research coupled with spiritual accompaniment designed to meet the needs of your faith community or organization.

Who Is Gateway to Hope University For?

Whether you are personally facing mental health distress, supporting a loved one, or seeking prevention strategies, this ministry is here for you. Everyone is welcome—our goal is to walk alongside you with confidentiality, empathy, and prayerful support.

Take the Next Step:

We invite you to join us for an upcoming Informational Session on [Date] at [Time], where you can learn more about Gateway to Hope University. Visit our webpage at [link] or contact us directly at [phone number] or [email address] to get started.

Together, as a community grounded in faith and care, we can break down the stigma surrounding mental health and build a pathway to hope.

Warm regards,

[Your Pastor's or Team's Name]

[Church Name]

Learn More About Gateway to Hope University → GatewaytoHopeUniversity.org

[Church Name, Address, City, State, Zip Code]

Template Emails

Mental Health Ministry Launch Follow Up Email

Subject Line: Thank You for Joining Us—Next Steps with Gateway to Hope University Mental Health Ministry

Dear [Recipient's First Name],

Thank you for attending our recent Informational Session on **Gateway to Hope University**, [Church Name]'s new mental health ministry. Your participation reflects your commitment to fostering healing, growth, and connection in our community, and we're grateful to have you join us on this important journey.

Key Highlights from the Session

We hope the session inspired and informed you about how Gateway to Hope University can make a difference. Here's a quick recap of what we covered:

- **Purpose:** A safe, compassionate space designed to support individuals and families facing mental health challenges or seeking preventive resources.
- **Services Offered:**
 - **Mental Health Coaching** – Trained Mental Health Coaches who offer faith-informed guidance for those navigating mental health distress.
 - **Transformed Support Groups** – Connect with others who share similar experiences in a confidential and uplifting space.
 - **Continued Support and Education** – Equip yourself with tools for resilience, topical educational training, ministry stress management, and emotional well-being.
 - **Ministry Care and Support** – Experience the power of evidence-based research coupled with spiritual accompaniment designed to meet the needs of your faith community.
- **Our Mission:** To break the stigma surrounding mental health and walk together in faith toward hope and healing.

Your Next Steps:

We invite you to take the next step, whether that means becoming a part of the intake team, a trained Mental Health Coach, or leading a Transformed group.

Here's how you can get involved today:

- **Sign Up for Training:** Visit learn.gthu.org to learn more and register.
 - General MHM volunteers, please take the Empower Faith Communities training.
 - Mental Health Coaches or Transformed leaders, please take the Mental Health Coach training with the specialty of your choice.
- **Contact Us Directly:** If you have questions or need assistance, email us at [email address] or call [phone number].
- **Stay Connected:** Follow us on [Social Media Platform] for updates, resources, and event announcements.

We believe in the strength of community, and we're here to support you every step of the way.

Together, We Can Make a Difference

Your presence in this ministry matters. Together, we can create pathways to healing and foster a community where mental health and spiritual well-being thrive.

Warm regards,

[Your Pastor's or Team's Name]

[Church Name]

Learn More About Gateway to Hope University → GatewaytoHopeUniversity.org

[Church Name, Address, City, State, Zip Code]

“

For too long, mental health has been misunderstood or lumped together with mental illness. Bringing clarity and understanding is vital for our churches and communities. When we equip coaches to serve well, everyone benefits—individuals, families, churches, and the broader community. It's a win for all of us.

”

Donna T.
*Empower Faith Communities
Training Participant*



ORGANIZATIONAL READINESS

Mental health is a vital part of holistic care, yet many ministries or organizations face challenges in addressing it effectively.

Organizational readiness is the foundation for creating a compassionate, informed, and sustainable mental health ministry.

This section is designed to help your faith community or organization assess its current capacity, volunteer recruitment, and evaluate your mental health ministry's impact within your community.



This training has deepened my understanding of what others may be going through. I feel more compassionate and less quick to dismiss their struggles. It's reassuring to know there are resources available to support and empower mental health.



Alissa T.
*Empower Faith Communities
Training Participant*

NO.	MENTAL HEALTH MINISTRY ORGANIZATIONAL READINESS	Y / TO SOME DEGREE / N
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YES=3 TO SOME DEGREE=2 NO=1

1	IS THE IDEA OF A MENTAL HEALTH MINISTRY OR ADDRESSING MENTAL HEALTH DISTRESS BACKED BY YOUR LEADERSHIP TEAM?	<input type="radio"/> <input type="radio"/> <input type="radio"/>
2	IS YOUR FAITH COMMUNITY OPEN TO MENTAL HEALTH AWARENESS OR SUPPORTIVE TO THE IDEA OF A MENTAL HEALTH MINISTRY?	<input type="radio"/> <input type="radio"/> <input type="radio"/>
3	DO YOU HAVE CORE COMMITTED VOLUNTEERS READY TO BE TRAINED AND LEAD THE MENTAL HEALTH MINISTRY?	<input type="radio"/> <input type="radio"/> <input type="radio"/>
4	DOES YOUR FAITH COMMUNITY HAVE MINISTRY SAFETY AND CONFIDENTIALITY POLICIES IN PLACE?	<input type="radio"/> <input type="radio"/> <input type="radio"/>
5	DOES YOUR FAITH COMMUNITY HAVE CONNECTIONS WITH OR KNOW OF ANY MENTAL HEALTH RESOURCES IN YOUR AREA?	<input type="radio"/> <input type="radio"/> <input type="radio"/>
6	DOES YOUR FAITH COMMUNITY HAVE THE SPACE NECESSARY TO HOST ONE-ON-ONE SESSIONS OR GROUP SESSIONS?	<input type="radio"/> <input type="radio"/> <input type="radio"/>
7	IS YOUR FAITH COMMUNITY OPEN TO PROVIDING FAITH-BASED MENTAL HEALTH COACHING AS A PART OF YOUR ORGANIZATION?	<input type="radio"/> <input type="radio"/> <input type="radio"/>
SCORE	7 - 12: EDUCATION - TAKE EMPOWER FAITH COMMUNITIES TRAINING & BEGIN BUILDING MENTAL HEALTH AWARENESS WITHIN YOUR FAITH COMMUNITY.	__ / 21
	13 - 17: NETWORK - BUILD ON YOUR COMMUNITY RELATIONS. EXPLORE RESOURCES ON GTHU PAGE TO BUILD YOUR REFERRAL NETWORK.	
	18 - 21: READY TO LAUNCH YOUR MHM!	



MENTAL HEALTH MINISTRY

Volunteer Form

First Name:

Last Name:

Email:

Phone Number:

Preferred method of contact:

☐

Email

☐

Phone

I am interested in volunteering in the following ways:

- ☐ Peer Mental Health Coach
- ☐ Transformed Group Facilitator
- ☐ Referral Network Coordinator (coordinates Referral Network Volunteers and oversees the maintenance of the faith community Mental Health Referral Network)
- ☐ Referral Network Volunteer (assists with interviewing potential mental health providers)
- ☐ Mental Health Ministry Advocate (actively promotes ministry to faith community, neighboring organizations, and other relevant parties, shares personal testimonial if applicable)
- ☐ Mental Health Event Planner (plans guest speakers, workshops, and/or conferences to provide information and sustain organizational interest in mental health)
- ☐ Other _____

MENTAL HEALTH MINISTRY

Evaluation Form

Our ministry is accomplishing the vision and goals we have agreed upon.

☐ ☐ ☐ ☐ ☐
 STRONGLY AGREE AGREE NEITHER DISAGREE STRONGLY DISAGREE

Our ministry is understood and well-supported by our church and leadership.

☐ ☐ ☐ ☐ ☐
 STRONGLY AGREE AGREE NEITHER DISAGREE STRONGLY DISAGREE

The stigma surrounding mental health is changing in our faith community.

☐ ☐ ☐ ☐ ☐
 STRONGLY AGREE AGREE NEITHER DISAGREE STRONGLY DISAGREE

Our staff, MHCs, and group facilitators are able to identify and support someone in distress.

☐ ☐ ☐ ☐ ☐
 STRONGLY AGREE AGREE NEITHER DISAGREE STRONGLY DISAGREE

The GTHU training & tools (K-6, reImagine, & Transformed Groups) have well-equipped our church to sustain a Mental Health Ministry.

☐ ☐ ☐ ☐ ☐
 STRONGLY AGREE AGREE NEITHER DISAGREE STRONGLY DISAGREE

Total # of Group Participants

Total # of Volunteers

Total # of Coaching Participants

Total # of New Volunteers

Total # of MH Referrals

Total # of New People Trained

Overall, this Mental Health Ministry is impactful to our faith community.

☐ ☐ ☐ ☐ ☐
 STRONGLY AGREE AGREE NEITHER DISAGREE STRONGLY DISAGREE



I plan to apply these skills in my own life and use them to equip others in our faith community to better understand and support those facing mental health challenges. I'm passionate about launching a mental health program in my local church. While much of the training affirmed what I already practice through mentoring and counseling, it provided a clearer framework and reignited my sense of purpose.



Glenna F.
*Empower Faith Communities
Training Participant*



MENTAL HEALTH DISORDER FACT SHEETS

Understanding mental health is the first step toward creating a supportive and compassionate community. These mental health fact sheets are designed to provide clear, concise, and actionable information on key topics, helping you and your ministry better serve those in need.

From common mental health conditions to practical tips for support, these fact sheets offer a foundation of knowledge to empower your team and foster meaningful conversations. These resources will equip you with the insights needed to approach mental health with confidence and care.



We often encounter individuals at our offices or rescue missions who are living with mental illness. At times, they may appear confused, agitated, or behave unpredictably. These tools will help our staff de-escalate situations, maintain safety, and ensure individuals are guided toward professional help. I also see tremendous value in sharing this information with our church community to equip them as well.



Bryan W.
*Empower Faith Communities
Training Participant*

ADHD

About ADHD

ADHD is a neurodevelopmental disorder that affects an individual's ability to focus. ADHD can also affect an individual's ability to function in daily activities depending on the severity and can interfere with interpersonal relationships. Treatment for ADHD includes therapy and/or medication.

ADHD Facts



ADHD Symptoms are Present in Two or More Settings

To meet the criteria to be diagnosed with ADHD, several symptoms must be present in two or more settings. For example, difficulty focusing at school as well as driving difficulties due to being distracted.



Individuals with ADHD Display Certain Strengths

Those with ADHD have strengths. If the task is something the individual is highly interested in, they often find themselves in a hyper-focused state. Individuals with ADHD can also be spontaneous, creative, and think outside of the box!



Different ADHD Types Have Different Symptoms

There are three different types of ADHD. Those who have Predominantly Inattentive Presentation will typically display symptoms, such as difficulty focusing, finishing tasks, and following conversations. Individuals with Predominantly Hyperactive-Impulsive Presentations will fidget and struggle to sit still. Those with Combined Presentation have symptoms of both subtypes.



Prevalence

6%

of children in the U.S. are diagnosed with ADHD.



Most individuals who get diagnosed with ADHD will get diagnosed in their school-aged years. Some people will never seek nor receive a diagnosis.

Alcohol

Alcohol misuse is a common yet serious problem worldwide. It's socially accepted, which can mask its dangers. Alcohol abuse encompasses excessive and uncontrolled consumption, leading to physical and mental health issues, addiction, and a higher risk of accidents or injuries. It can also contribute to a range of chronic diseases.

Alcohol Abuse Facts



Excessive Alcohol use creates tolerance

Excessive alcohol consumption can lead to tolerance, requiring higher amounts to achieve the desired effects, which can contribute to escalating alcohol abuse and addiction. Those physically addicted to alcohol will experience withdrawal symptoms such as tremors.



Alcohol abuse causes a range of health issues

Excessive alcohol consumption can lead to a range of health issues, including liver cirrhosis, cardiovascular problems, and an increased risk of certain cancers.



Drinking at a young age can significantly increase the risk of developing alcoholism later in life

Drinking alcohol at a young age can have long-lasting consequences, including an elevated risk of developing alcoholism in adulthood. Early initiation of alcohol use can disrupt critical stages of brain development, potentially leading to a higher susceptibility to addiction.



29.5 Million

According to the 2021 National Survey on Drug Use and Health, 29.5 million people over the age of 12 had Alcohol Use Disorder in the past year.



Individuals resort to alcohol abuse to cope with life stressors which can be a dangerous habit.

Anxiety

About Anxiety

Anxiety is a natural part of the human experience. It serves an important role in being alert and can be helpful in many ways. Anxiety becomes an issue when it interferes with your ability to function regularly. Although very unpleasant, panic attacks are common and closely related to anxiety. If you experience anxiety or panic attacks, talk to a professional as there are several ways to treat anxiety effectively.

Anxiety Facts



Anxiety Can Cause Physical Symptoms

Although some symptoms of anxiety are mental, many symptoms are physical. Nausea, hot flashes, numbness in your hands and feet, and dizziness are all common physical anxiety symptoms.



Exercise Can Help an Individual Manage Their Anxiety

Research shows that exercising can serve as an effective tool in managing anxiety. An intense workout is not required to enjoy the mood boosting effects of exercise. Low intensity exercises are as effective at decreasing stress hormones so find something that is enjoyable for you!



Women are Twice as Likely as Men to Develop Anxiety

Women experience anxiety disorders at a much higher rate than men. This is due to hormonal fluctuations, brain chemistry differences and societal factors.



Prevalence

31%

of the U.S. population will experience an anxiety disorder. Making anxiety the most common mental illness in the U.S.



Approximately 284 million individuals experience anxiety in a given year.

Bipolar Disorder

About Bipolar Disorder

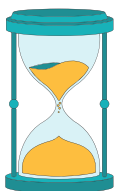
Bipolar disorder is a mood disorder that is categorized by drastic highs and lows. This mood disorder can be dangerous if not treated as manic episodes are categorized by impaired judgment and impulsive decisions. Suicide is also a risk with bipolar disorder, and suicidal thoughts can occur both in a depressive or manic state. Effective treatment for this disorder can help individuals with bipolar disorder manage their symptoms.

Bipolar Disorder Facts



There are three types of bipolar disorder

Bipolar I is categorized by manic episodes and depressive episodes. Bipolar II is categorized by depressive episodes and at least one hypomanic episode (less severe than mania). Finally, cyclothymic is mood changes that are not severe enough to fit the Bipolar I or II criteria.



Cycles of depression and mania vary

Individuals with bipolar disorder will see cycles of mania and depression with varying times in between cycles. Additionally, the length of each episode of mania and depression will vary from person to person, and even for the individual. Typically, depression will last longer than mania.



Effective treatments for bipolar disorder exist

Treatment for bipolar disorder includes medication and therapy. Symptom monitoring and self-care are also important components of this disorder. Stopping bipolar disorder medication without speaking to a professional can be dangerous.



Prevalence

4.4%

of the U.S. population experience Bipolar Disorder in the U.S. The median age of diagnosis is 25, but bipolar disorder can be diagnosed at any age.



Research has shown links between creativity and bipolar disorder. Finding a creative outlet can be beneficial for these individuals.

Caregiver Burnout

About Caregiver Burnout

Caregiver burnout is a state of mental, physical and emotional exhaustion experienced by a caregiver. Eighty-three percent of the help provided to older adults in the United States comes from family members, friends, or other unpaid caregivers. A 2018 study showed that 53% of caregivers experienced stress, while 41% experienced depression, mood swings, and resentment.

Caregiver Burnout Facts



Signs of Caregiver Burnout

Symptoms of caregiver burnout can include feelings of anger or frustration, irritability, anxiety, depression or sadness, exhaustion, feeling overwhelmed, inability to concentrate, headaches or other physical problems. Failing to make time for self-care contributes to the stress one feels and to caregiver burnout.

Impact of Caregiver Burnout

Caregivers work with a vulnerable population. When a caregiver begins to burnout, the impact is felt by both the caregiver as well as the care recipient. Caregivers can experience depression, feelings of hopelessness, sleep deprived, be withdrawn from family and friends, or experiencing their own health problems. In severe cases, caregivers who are experiencing burnout can be physically, mentally, or emotionally abusive to the care recipient.

S.M.A.R.T.

Caregivers should make time for self-care using the S.M.A.R.T. method. Specific, Measurable, Achievable, Relevant, and Timely. Set aside a specific time or date in the month for a measurable amount of time for self care. Make sure it is achievable given your schedule. Relevant to the caregiver's needs or enjoyment and timely to avoid long periods of exhaustion or burnout.



Prevalence

53%

of caregivers experience stress, while 41% experience depression, mood swings, and resentment.



83% of caregivers are family members, friends, or other forms of unpaid caregivers.

Dementia

About Dementia

More than 1 in 9 people age 65 and older have Alzheimer's dementia. People 65 and younger can also develop Alzheimer's, but it is much less common. There are multiple causes for dementia. Alzheimer's disease is the most common of all dementia, accounting for 60-80% of people with dementia. This is a result from a buildup of amyloid and tau proteins in the brain. Other causes of dementia include vascular dementia, Lewy Body, fronto-temporal dementia, Parkinson's disease, or mixed dementia.

Dementia Facts



Dementia can Cause Changes to the 5 Senses

There can be many changes to the 5 senses for individuals with dementia. Changes include loss of peripheral vision, inability to filter out background noise, loss or change of taste, and loss of sensibility to temperature changes.



There are Various Stages of Dementia

The Alzheimer's Association classifies Alzheimer's in three stages. Individuals with early (mild) dementia may function independently. Middle or moderate stage dementia individuals experience increased confusion with words, feel moody or withdrawn, and experience changes in their sleep patterns. Late or severe stage dementia individuals lose the ability to respond to their environment.



Caregiving for Elder Individuals

Eighty-three percent of the help provided to older adults in the United States comes from family members, friends, or unpaid caregivers. 48% of caregivers provided care for someone with Alzheimer's or another form of dementia.



Prevalence

11.3%

of adults age 65 and older have Alzheimer's Dementia. The percentage of people with dementia increases with age.



Approximately 55 million individuals suffer from dementia. That number is expected to increase to 139 million by 2050.

Depression & Suicide

About Depression

Depression affects about 16 million Americans, which is 7% of the United States population. It's a mood disorder that causes a persistent feeling of sadness and loss of interest. The onset of depression normally appears in the late teens or early twenties. However, depression can happen at any time in your life. If you experience depression or suicidal thoughts, talk to a professional as there are several ways to treat depression effectively.



Depression ranks among the top three workplace problems for employee assistance professionals.

It's not uncommon to experience stress at work, but don't ignore feelings of depression. It's important to know the difference.



Workplace Stress

- Stress that decreases in intensity when the stressor passes
- Occasional bouts of feeling anxious and irritable
- Muscle tension or headaches

Workplace Depression

- Increased feelings of sadness and crying
- Persistent feelings of anxiety
- Increased lack of focus and concentration
- Feeling bored and not fulfilled in your job

27%

of individuals with depression reported serious difficulties in work and home life.



Gambling Addiction

Also known as Compulsive Gambling, is the urge to gamble. Individuals who participate in gambling, bet something of value in the hopes of gaining something of greater value. The addiction acts very similar to drug addiction. When this activity creates satisfaction, a chemical messenger called dopamine is released which creates that euphoric feeling. Eventually, in order to experience that same euphoria, individuals will engage in riskier bets to recreate that feeling. This continued pattern of behavior and inability to stop leads to an addiction.



Known Risk Factors

Existing issues associated with the individual's physical and mental health can increase the risk of developing a gambling addiction. Other factors like personality traits, biology, genetics, and environmental factors can also contribute to this addiction.

2-7%

of youths develop a gambling disorder. College students gamble at a higher rate than the general population.

Personality Characteristics

- Competitiveness
- Impulsivity
- Restlessness or easily bored
- Extremely hardworking

The Signs

- Preoccupied with previous and future gambling experience.
- Increase risk-taking bets and gambling.
- When attempting to stop gambling, they demonstrate signs of withdrawal.

Types of Gambling

- CASINO GAMES
- ONLINE GAMES
- LOTTERY TICKETS
- SCRATCHCARDS
- SLOT MACHINES
- SPORT BETS



Marijuana

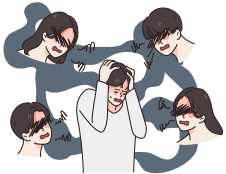
Marijuana misuse is often seen as less harmful than other substances, but it's not without risks. Some people underestimate its potential for addiction and its impact on mental health. Abuse can involve using marijuana excessively, leading to addiction, cognitive impairments, and mental health disorders.

Marijuana Abuse Facts



Dependence and addiction risks exists with marijuana

Contrary to popular belief, marijuana can be addictive. While marijuana is not as addictive as substances like opioids or stimulants, some individuals can develop a dependence on it and may experience symptoms of withdrawal upon cessation of use.



Users of marijuana can experience psychosis

Research demonstrates that individuals who use marijuana and have a predisposition to psychosis may experience psychotic effects as a result of this drug. Additionally, prolonged use can lead to anxiety and depression.



Marijuana use causes short and long-term cognitive impairment

Marijuana use can lead to both short-term and long-term cognitive impairments. In the short-term, it can disrupt memory, attention, and learning abilities. Prolonged and heavy marijuana use, especially in adolescents, can make it hard for them to think and learn even after they stop using marijuana.



Prevalence

18%

18% percent of Americans have used marijuana at least once making it the most commonly used federally illegal drug in the United States.

3 in 10

3 in 10 people who use marijuana have marijuana use disorder which is a clinical diagnosis used to describe a problematic pattern of marijuana use that leads to significant distress or impairment in various areas of life.

Opiates

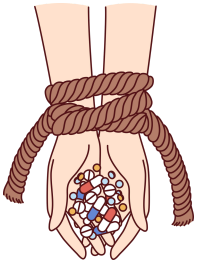
Opiate abuse is a widespread issue with devastating consequences. Opiates are powerful pain relievers prescribed for severe pain, but they can also be highly addictive. Abuse involves taking opiates without a prescription, taking higher doses than prescribed, or using them for non-medical purposes. This can lead to addiction, overdose, and long-term health problems.

Opiates Abuse Facts



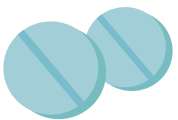
Opiates can be used for both medical and non medical purposes

Opiates are often prescribed to alleviate severe pain. However, when used outside of a legitimate medical context, opiates can be subject to misuse and abuse for their euphoric effects, leading to addiction and various health risks.



Opiates are highly addictive

Opiates are highly addictive substances, leading to a strong physical and psychological dependence in users. Their potent effects on the brain's reward system can quickly lead to cravings and withdrawal symptoms upon cessation, making addiction a significant risk for those who use these drugs.



Synthetic opioids fuel the overdose crisis

Fentanyl is a synthetic opioid that is extremely potent (50 times stronger than heroin) and poses a significant risk for misuse, addiction, and overdose. The devastating rise of overdoses can be greatly attributed to synthetic opioids like fentanyl.



519.38%

Overdose (OD) deaths involving opioids increased 519.38% from 1999 to 2019.



Almost 50,000 people die every year from opioid overdose. Additionally opioids are a factor in at least 7 out of 10 overdose deaths.

Porn Addiction

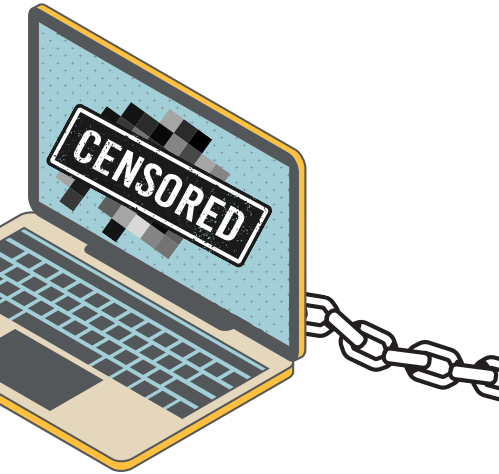
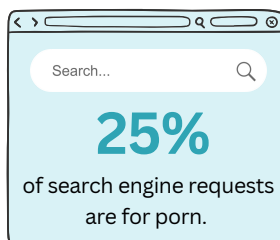
To not be confused with Sex Addiction Disorder, Porn Addiction Disorder refers to an emotional dependence on pornography. Addiction alters the body's dopamine system causing the individual to continue to participate in an activity, even if it results in problems with their loved ones or their livelihoods. Unlike sex additions, an individual is able to watch porn alone and create a space of isolation.

Barriers to Treatment

Individuals often find themselves dealing with a combination of feelings like shame, guilt, and low self-esteem. The longer this addiction goes untreated the individuals may neglect their partner, lose their job, or have fractured relationships with others.

The most common treatment for Porn Addiction Disorder is:

- Cognitive Behavioral Therapy
- Acceptance and Commitment Therapy
- Psychodynamic Psychotherapy
- Medication



10 signs to watch out for

1. You can't stop
2. You want more
3. You've lost time
4. You've lost interest in sex
5. You're more demanding
6. You've lost attraction
7. You're in physical pain
8. You're losing money
9. You're distracted
10. You're angry



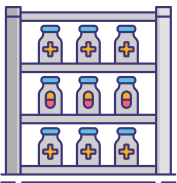
1 in 6

**Women struggle with
porn addiction.**

Prescription & OTC Medications

Prescription Drug abuse is highly misunderstood. Because doctors are trusted professionals, many people underestimate the dangers of medicine a health care professional prescribes. Prescription abuse includes taking medication prescribed to someone else, taking more than your prescribed dose, administering the medicine in a different way than intended (snorting pills), and using the medication with the intention of getting high.

Medication Abuse Facts



Over the counter medication can also be abused

Due to the accessibility and convenience of OTC medications, these medications are easy to obtain and abuse. Although seemingly harmless, the abuse of OTC can lead to serious health complications.



Certain medication types are commonly abused

Opioid pain relievers, central nervous system depressants, and stimulants are among the most commonly abused prescription medications, leading to significant health and societal consequences.



Tolerance is dangerous effect of medication abuse

Misusing prescription medications can also lead to the development of tolerance, meaning higher doses are needed to achieve the same effects, increasing the risk of overdose and other health complications.



Prevalence

16.3 Million

people misuse prescriptions in a year.



Approximately 40% of prescription drug abusers list **Sleep Aid** and **Tension Relief** as a reason for prescription drug abuse.

Sex Addiction

Compulsive sexual behaviors refer to excessive sexual thoughts and desires that can't be controlled. This intense focus on sexual fantasies and urges often causes distress and problems in relationships and other areas of an individual's life. They may participate in these sexual experiences to a degree that they feel it's beyond their control.

- Masturbation
- Sexual arousal via text
- Multiple sexual partners
- Use of pornography
- Paying for sex



Should I seek help?

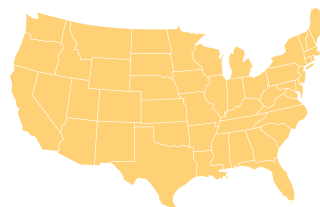
Seeking help from a professional can be difficult due to how personal the matter is. Getting the right treatment can help the individual gain control of their relationship and livelihood.

Ask yourself...

- Can I manage my sexual impulses?
- Am I distressed by my sexual behaviors?
- Are my sexual behaviors hurting my relationship?
- Are my sexual behaviors affecting my work?
- Are my sexual behaviors getting me into legal problems?
- Do I try to hide my sexual behaviors?

Complications

1. Lack of healthy relationships
2. Decrease work performance
3. Financial problems
4. Health consequences due to pregnancy or sexually transmitted infections
5. Risk of substance abuse
6. Mental health struggles
7. Problems with the law



Hypersexuality appears to affect about 3 to 10% of the U.S. population.

Shopping Addiction

Also known as Compulsive shopping, referring to the continued behavior of excessively shopping and spending regardless if the individual can afford it or not. Like many other addiction, the preoccupied element of the addiction, leads to problems in other areas of the individual's life.



Signs of a Shopping Addiction



Compulsive Shopping vs Impulsive Shopping

Impulsive purchases come from an unplanned decision to purchase something you desire immediately. When it comes to a compulsive purchase, it's typically pre-planned and to deal with negative emotions. Individual with shopping addiction may engage in both styles of shopping.

Coping with the Addiction

Learning alternative ways to deal with negative emotions can help reduce the desire to spend money. Here are three tips to cope with a shopping addiction:

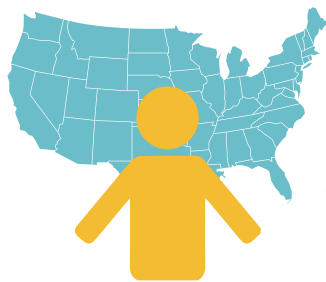
- Letting a family member handle the shopping for basic necessities.
- Limiting access to credit or cash.
- Shopping with people you trust and don't engage in impulse or compulsive shopping.

Social Media Addiction

Like other behavioral additions, excessive use of social media can have a negative impact in the way that the brain processes pleasure and reward. On average, individuals spend more than 6 hours everyday on social media.

When do I know my social media use could turn into an addiction?

- When you're overly concerned about social media.
- When you have an uncontrollable urge to use social media.
- When the time spend using social media impairs relationships with others and work.
- When you use social media to forget personal problems persistently.
- When you experience withdrawal symptoms and feel restless if you're not using social media.



Experts estimate up to 10% of people in the United States have social media addiction.



Negative Effects

A well-balance use of social media can come with some benefits. However, increase time can come with a few negative effects.

1. Low self-esteem
2. Comparing yourself to others
3. Increase isolation and loneliness
4. Exposure to cyber-bullies
5. Disruptive sleeping patterns
6. Decrease physical activity
7. Poor performance at school/work
8. Depressive symptoms
9. Exposure to misinformation
10. Fracture relationships

Stimulants

Stimulant abuse is a significant concern, especially among students and young adults. These medications, like Adderall and Ritalin, are prescribed to treat attention disorders but can be abused for their stimulating effects. This can lead to addiction, cardiovascular problems, and mental health issues. Stimulants also include drugs such as cocaine and Methamphetamine which are highly addictive and potent.

Stimulant Abuse Facts



Stimulant abuse causes physical health consequences

Stimulant abuse can lead to severe physical and psychological health consequences. Prolonged misuse of stimulants like amphetamines or cocaine can result in cardiovascular problems, including high blood pressure, irregular heartbeats, and even heart attacks.



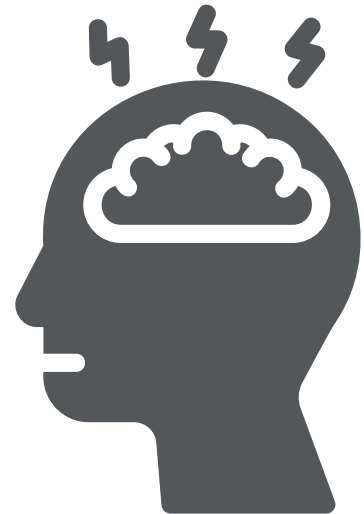
Stimulants are used both medically and non medically

Stimulants are used in the treatment of ADHD and narcolepsy. These stimulants can still be abused by taking the drug in another way than intended. Illegal stimulants, such as cocaine, bath salts, and methamphetamines.



Stimulant abuse can lead to serious mental health issues

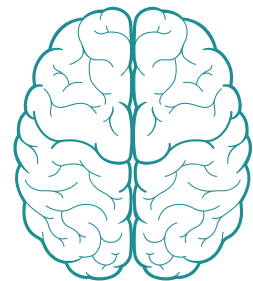
Users may experience anxiety, paranoia, hallucinations, and in some cases, stimulant-induced psychotic disorders, which can be long-lasting and challenging to treat.



Prevalence

20%

It is estimated that 20% of college students abuse prescription stimulants.



Due to the highly addictive nature of methamphetamines, and how the substance alters the users brain chemistry, these users are the most challenging to treat among other drug users.

Substance Abuse & Addiction

About Substance Abuse & Addiction

Substance and alcohol are often used to self-medicate from heightened stress or psychological distress. This often can cause behavioral issues or relationships to be damaged. Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances, such as legal or illegal drugs, alcohol, or medications.

Substance Abuse & Addiction Facts

Substance Abuse in the Workplace

According to the National Safety Council, jobs in construction, truck driving, mining, and some service industries have higher rates of alcohol and substance use disorders which is a medical condition characterized by uncontrollable use of alcohol or other substances despite the negative consequences.



Impact of Substance Abuse

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.



Statistics

Only 10.3 percent of people with SUD received SUD treatment this past year.



17 Million

U.S. adults experienced both a mental illness and a substance use disorder in 2020.



Individuals resort to substance and alcohol abuse to cope with work stress.

Trauma

About Trauma

Across the globe, exposure to at least one traumatic event is the norm. The American Psychiatric Association (2013) defines trauma as experiencing an event in which a person is faced with “actual or threatened death, serious injury, or sexual violence.” Traumatic events include, but are not limited to war or combat, threatened or actual physical / sexual assault, being kidnapped, experiencing wartime violence, natural or human-made disasters, and severe motor accidents. Experiencing trauma can have lifelong effects on mental, physical, relational, and spiritual health. Seeking support and navigating these challenges early on can positively influence a persons overall health following trauma exposure.

Trauma Facts



Childhood Trauma

In the US, 64% of adults report experiencing at least one adverse childhood experience (ACE). ACEs are forms of childhood trauma, which include experiencing or witnessing violence, abuse, or neglect; death of a loved one by violence; unstable parent support; or a caregiver being imprisoned. These experiences negatively impact learning, relationships, health, brain development, attention and decision making in children.



Trauma in Women

Globally, it is reported that 1 in 3 women will experience interpersonal violence either physically or sexually at some point in their life. Women are more likely than men to develop Post Traumatic Stress Disorder (PTSD) when exposed to the same traumatic experience.



Trauma in Men

While men and women can experience the same types of sexual interpersonal trauma, men are likely to experience traumatic events related to accidents, disasters, war or combat, or nonsexual physical assaults. The highest probability of PTSD results from interpersonal violence and military combat.



Prevalence

60-70%

of people experience at least one exposure to a traumatic event in their lifetime.



Globally (736 million), or 1 in 3 women will experience an interpersonal trauma (physical or sexual) at some point in their life.

Vaping

Vaping is often perceived as a safer alternative to traditional smoking, but it carries its own set of risks. The increase in popularity of e-cigarettes has contributed to many health risk for young people because of the excessive use of vapes which often have high-nicotine content. This leads to potential nicotine addiction, lung damage, and other health complications.

Vaping Abuse Facts



Young people are at risk for vaping abuse

Many young individuals are attracted to vaping due to its perceived social acceptance, marketing practices that target young people, enticing flavors, and the misconception that it is less harmful than traditional smoking.



Vaping can cause serious long-term health consequences

Vaping abuse can lead to serious health consequences, including respiratory problems, cardiovascular issues, and potential long-term lung damage, even in young and healthy individuals.



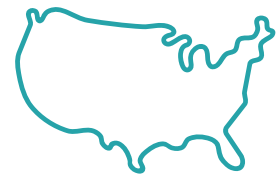
The use of vapes is rapidly rising

Vaping culture is becoming mainstream, especially for young people. Social media, the appealing look and flavors of vapes, and the relative accessibility of these devices have contributed to the shocking increase in vaping and nicotine addiction.



Prevalence 1 in 7

In 2022, about 1 of every 7 high school students reported that they had used electronic cigarettes in the past 30 days.



The United States has **9 million** people who regularly vape, giving the U.S. the highest number of vaping consumers in the world.

Video Gaming Addiction

Also known as Internet Gaming Disorder, which includes gaming on the internet or any electronic device. The gaming habits become all-consuming for the individual, significantly impacting their daily functionality. It also has a negative consequence to their relationships, school, and workplace life.

Behavioral Risk Factors

- Spending a significant amount of money on gaming.
- Increase weekday gaming time.
- Giving up other activities they enjoyed to gaming.
- Attending offline gaming community meetings.
- Having a gaming community.
- Relationship and work stability problems due to gaming.



A study suggests, that

Males

have a genetic predisposition to be more susceptible to compulsive gaming.

Treatment Options

- **COGNITIVE BEHAVIORAL PROBLEM (CBT)**
- **FAMILY THERAPY**
- **GROUP THERAPY**
- **SUPPORT GROUPS**



When is escapism a bad thing?

A long discussion around gaming and escapism has surrounded the debate around Gaming Addictions. When gaming is an outlet for stress or dealing with tough emotions, individuals are engaging in healthy coping skills for distraction. However, when this starts to alter reality and it's the only answer to dealing or ignoring issues. Gaming can become a problematic tool rather than a helpful one.



After taking this training, I feel more confident recognizing mental health stigma and misinformation about mental illness. I'm better equipped to respond to someone in distress and more prepared to guide them toward the professional help they need.



LaJohn B.
*Empower Faith Communities
Training Participant*



REIMAGINE AND TRANSFORMED GROUPS

Mental Health Coaching resource that covers the mental, physical, spiritual and relational wellness of an individual. Change begins with connection. Reimagine and Transformed Groups are designed to create safe, supportive spaces where individuals can explore personal growth, healing, and transformation through the lens of faith and mental health.

These groups provide a unique opportunity to journey together, addressing life's challenges while fostering resilience, hope, and spiritual renewal. Whether you're reimagining what's possible in your life or embracing a path of transformation, these groups are built to inspire meaningful change and deeper connection with God and others.



This program provides the tools, communication skills, resources, and guidance needed to start a support group. It's a great faith-based training—rooted in Scripture—with high-quality materials that really equip you to serve.



Ronald S.
*Empower Faith Communities
Training Participant*

MENTAL HEALTH MINISTRY RESOURCES

reImagine

A Holistic Approach to Mental Health
Wellness and Recovery



reImagine

A Holistic Approach to Mental Wellness and Recovery

A workbook that you can use to guide your
Mental Health Coach practice.

This is a Mental Health Coach resource ONLY

Transformed Group Guidelines

TO GIVE understanding, respect,
encouragement, and
compassionate support.

TO DISCOVER hope, tools, and to learn
from one another's journey.

TO NOT FIX anyone's challenges with
immediate advice and solutions, but
rather offer our story and what has worked
for us.

TO NOT DEBATE the right or wrong
doctrine or theology.

TO RESPECT and maintain one another's
confidentiality.

Sample Transformed Group Agenda

6:00-6:10pm	Connection time for group members
6:10-6:15pm	Welcome, Vision, and Group Guidelines
6:15-6:25pm	Testimonies of Praise and/or Sharing of Difficulties, Opening Prayer
6:25-6:45pm	Topic and Discussion
6:45-6:55pm	Break
6:55-7:20pm	Topic and Discussion (continued)
7:20-7:30pm	Closing Prayer and fellowship time for group members



Meeting Month/Year: _____

Name of Faith Community

DO NOT SIGN IN BELOW HERE, TURN TO THE NEXT PAGE



TRANSFORMATION GROUP SIGN-IN SHEET

[illegible]

“

I'm planning to launch a women's Bible study and support group for those navigating anxiety. As someone with PTSD, I understand how essential faith-based support and connection can be. I currently support others one-on-one and feel ready to bring this kind of support to my church. I truly believe our congregation would benefit from the Minds Transformed program, and I'm excited to apply the skills I've gained through Empower Faith Communities as I gather resources and begin building this group.

”

Denise Y.
*Support Group
Training Participant*



GTHU RESOURCES AND REFERRAL NETWORK

At GTHU, we believe that knowledge, tools, and connections are the keys to making a lasting impact in mental health ministry. Our comprehensive trainings, curated resources, and trusted referral network are designed to empower individuals, faith communities, and organizations to provide effective, compassionate care.

Our resources offer accessible, evidence-based guidance to support your ministry's efforts. And with our referral network, you'll have access to trusted professionals and services to ensure no one walks this journey alone. Together, these elements form a robust framework to help you build a ministry that transforms lives and fosters hope.



I work with individuals facing a variety of mental health diagnoses, so I truly appreciated the refreshers, updated information, and practical coping skills shared during this training. Everything was presented at a perfect pace and in a way that was easy to understand. I feel confident that I can apply these techniques and pass them on to others.



Felecia L.
*Empower Faith Communities
Training Participant*

EMPOWER FAITH COMMUNITIES BECOME A BEACON OF HOPE!



About Us

Gateway to Hope University is the training program of the Hope and Healing Center & Institute. We offer evidence-based mental and behavioral health training, resources, and ongoing support to individuals, faith communities, schools, and workplaces. We're passionate about spreading the word and breaking the stigma around mental illness. With our trainings, you'll have the power to change lives and respond effectively and compassionately to those who need it most.

About EMPOWER Faith Communities

This free online training equips faith leaders, volunteers, and communities with techniques for identifying mental distress, responding compassionately, and building a network to quickly connect those in mental distress with professional care.

Benefits of Taking This Training

- Deepens your understanding of the most common mental and behavioral health topics.
- Provides you with the knowledge to aid those struggling with mental and behavioral health illness.
- Equips you with the skills you can quickly implement.
- Empowers you to be part of the solution that eliminates the stigma surrounding mental and behavioral health.

SCAN TO LEARN MORE



You Will Learn:



The definitions of "mental health" and "mental illness," how psychological distress manifests itself, and how mental illness impacts a person's life.



The main symptoms of mental and behavioral health disorders.



The truth behind misconceptions surrounding mental and behavioral health disorders.



How and why people self-harm, the nature of suicidal thoughts, and how to help someone who is contemplating ending their life.



How to communicate with someone in mental distress, provide them with resources for assistance, and discuss mental and behavioral health in your community.

Mental Health Coach

BECOME A BEACON OF HOPE!

About Us

Gateway to Hope University is the training program of the Hope and Healing Center & Institute. We offer evidence-based mental and behavioral health training, resources, and ongoing support to individuals, faith communities, schools, and workplaces. We're passionate about spreading the word and breaking the stigma around mental illness. With our trainings, you'll have the power to change lives and respond effectively and compassionately to those who need it most.

About Mental Health Coach

Looking to further your mental health education? Purchase our Mental Health Coach Training. We equip you and faith communities to respond compassionately through our evidence-based training to help those in mental distress, lend support, and serve as a mental health resource to their organization. This online training includes mental health coaching and one specialization in an area of your choosing: Addiction & Behavioral Health Disorders, Aging & Elder Care, Child & Adolescent Mental Health, and Trauma. Additional specialty trainings are available for purchase.

Benefits of Taking This Training

- Provides you with information, skills, practical scenarios, and actionable steps that guide your Mental Health coaching in your community.
- You'll learn how to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness.
- Registration includes *reImagine* by Matthew Stanford Ph.D., support group curricula, and access to a community map and our Mental Health Coach forum, where you can connect with other Mental Health Coaches.

SCAN TO LEARN MORE



You Will Learn:



How to recognize signs and symptoms of the most common types of mental illness, and faith's role in healing.



Educate others on mental health, reduce stigma, and your role as a Mental Health Coach.



Learn ethics, guidelines, intake procedures, and key coaching skills to create a safe space.




Support those experiencing mental and behavioral health challenges, their caregivers, and loved ones as they heal.




Build a professional referral network, refer those you coach to mental health professionals, and get your community engaged and involved.

THE HOPE LINE & GRACE CARDS

 HHCI® Hope and Healing Center & Institute

The Hope Line

(832) 831-7337



Relational Issues | Work Stress | Recent Trauma | Mental Health Resources

Open daily, 5 PM - 8 PM CT

www.hhci.org In case of emergency, please call 911.

 HHCI® Hope and Healing Center & Institute

La Línea de la Esperanza

(832) 831-7337



Problemas Relacionales | Estrés Laboral | Traumas Recientes | Recursos de Salud Mental

Abierto todos los días de 5 PM - 8 PM CT

www.hhci.org En caso de emergencia, llame al 911.

 Gateway to Hope UNIVERSITY

Grace, Friendly AI Assistant

Have questions about mental or behavioral health? Talk to Grace.

Our friendly AI assistant can guide you in supporting yourself or a loved one.

 **Things you can ask Grace:**
"Am I depressed? Do I need medication?"
"Is my child an addict?"
"What do I do when my family member lashes out at me?"
And much more!



In case of emergency, please call 911.

 Gateway to Hope UNIVERSITY

Grace, Asistente de Inteligencia Artificial Amigable

¿Tiene preguntas sobre salud mental o conductual? Hable con Grace.

Nuestra amigable asistente de inteligencia artificial puede guiarlo para que pueda ayudarse a sí mismo o a un ser querido.

 **Cosas que puedes preguntarle a Grace:**
"¿Estoy deprimido? ¿Necesito medicación?"
"¿Mi hijo es adicto?"
"¿Qué hago cuando un familiar me ataca?"
"Y mucho más!"



En caso de emergencia, llame al 911.

GATEWAY TO HOPE UNIVERSITY



gatewaytohope@mentalhealthgateway.org



346.335.8700

TOP RESOURCES

Unlock the Power of Knowledge with Grace



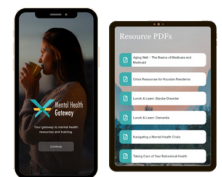
Do you have questions about behavioral health or addiction? **Talk to Grace, our friendly AI assistant**, to find out more about how to help yourself or a loved one. She can provide you with information and resources for your behavioral health and addiction questions. Visit GatewaytoHopeUniversity.org/Mischer-Behavioral-Health to access all its great resources. Our goal is to empower you with knowledge and support, ensuring you never feel alone on your journey to better mental health.

The Hope Line

Are you going through a tough time? Do you need someone to talk to? The best thing you can do is call **The Hope Line at 832-831-7337** from 5-8pm. Talk with someone who gets you. You are not alone. For more information, visit HopeandHealingCenter.org/Get-Help-Hope-Line

Mental Health Gateway App

Offers evidence-based training, tested tools, and ongoing support for anyone looking to compassionately support those in distress and help build a community-based response to the mental health crisis.



DOWNLOAD
OUR MENTAL
HEALTH
GATEWAY APP

Follow Us on Social Media & Stay Connected



[@GatewayToHopeUniversity](https://GatewayToHopeUniversity)

RESOURCES CONTINUED

Empower Trainings

Mental and behavioral health issues can affect anyone, anywhere. Imagine having the power to make a positive impact on those in mental distress, right at your fingertips. Our evidence-based trainings are created to build your knowledge and response techniques within faith communities, schools, and workplaces. Explore a life-changing journey of mental health awareness and become a beacon of hope in your community. Visit our [Training Course Catalog](#) and start your transformative journey today!

Mental Health Coach Training

Looking to further your mental health education? Our advanced [Mental Health Coach Training](#) prepares you to support those in mental distress with therapeutic peer coaching, becoming a beacon of hope, supporting and guiding individuals to the mental health resources they need. When you complete your training, you will have the opportunity to join a community of coaches. Begin by participating in our Forums and Groups in the [Learning Portal](#), networking with other Mental Health Coaches during our regular online gatherings and join a specialization group. The specialization trainings for you to explore are Addiction & Behavioral Health Disorders, Child & Adolescent Mental Health, Aging & Elder Care, and Trauma.

Additional Support

Our Gateway to Hope Team is here for you. If you have any questions on launching your mental health ministry or need help with our trainings, please reach out to GatewaytoHope@mentalhealthgateway.org

“

After completing the training, our church's perspective shifted completely. Rather than turning away from those who were hurting or struggling, we now have the tools—and the courage—to love them well and walk alongside them in their journey.

”

Anonymous
*Empower Faith Communities
Training Participant*

GATEWAY TO HOPE UNIVERSITY RESOURCES NOW AVAILABLE IN SPANISH

Mental health knows no language barriers, and we are committed to providing accessible support for everyone. That's why we offer all trainings and resources in Spanish, designed to equip individuals and ministries with the tools they need to address mental health challenges effectively.

From practical guides and fact sheets to training materials and educational content, our Spanish-language resources are culturally relevant and easy to use. Additionally, our referral network includes bilingual professionals to ensure no one has to navigate this journey alone. Together, we can build stronger, more compassionate communities—no matter the language.





A mi parecer, no cambiaría nada de este entrenamiento, ya que me resultó muy útil. Me siento más preparada para identificar una situación así y, si algún compañero o alguien lo necesita, pondré en práctica estos nuevos conocimientos. Si me encontrara con una persona en crisis, intentaría calmarla, mantener una distancia prudente, hablarle con sinceridad y, sobre todo, sin juzgarla.



Anonymous
*Spanish Empower Faith Communities
Training Participant*

EMPODERAR COMUNIDADES DE FE

¡Conviértete en un faro de esperanza!



Sobre Nosotras

Gateway to Hope University es el programa de capacitación del Hope and Healing Center & Institute. Ofrecemos capacitación, recursos y apoyo continuo en salud mental y conductual basados en evidencia a individuos, comunidades religiosas, escuelas y lugares de trabajo. Nos apasiona hacer correr la voz y romper el silencio en torno a las enfermedades mentales. Con nuestras capacitaciones, tendrá el poder de cambiar vidas y responder de manera efectiva y compasiva a quienes más lo necesitan.

Acerca de EMPODERAR Comunidades de Fe

Esta formación gratuita en línea equipa a líderes religiosos, voluntarios y comunidades con técnicas para identificar la angustia mental, responder con compasión y construir una red para conectar rápidamente a quienes están en peligro con atención profesional.

Ventajas de Realizar Este Formación

Profundice su comprensión de los temas de salud mental y conductual más comunes, obtendrá el conocimiento para ayudar a quienes luchan, adoptará habilidades prácticas que puede implementar de inmediato y será parte de la solución que elimina el estigma que rodea a la salud mental y conductual.

ESCANEAR PARA APRENDER MÁS



Aprenderás:



Las definiciones de salud mental y enfermedad mental, cómo se manifiesta la angustia psicológica y cómo la enfermedad mental afecta la vida de una persona.



Los principales síntomas de los trastornos de salud mental y conductual.



La verdad detrás de los conceptos erróneos que rodean los trastornos de salud mental y conductual.



Cómo y por qué las personas se autolesionan, la naturaleza de los pensamientos suicidas y cómo ayudar a alguien que está pensando en terminar con su vida.



Cómo comunicarse con alguien que sufre problemas mentales, derivarlo a un profesional para que le ayude y hablar sobre salud mental en su comunidad religiosa.

Coach de la Salud Mental

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Acerca de Coach de la Salud Mental

Mejore su educación en salud mental con nuestra formación paga de Coach de Salud Mental. Le brindamos a usted y a las comunidades religiosas las herramientas para responder con compasión a través de nuestra formación basada en evidencia para ayudar a quienes padecen problemas mentales, brindar apoyo y servir como un recurso de salud mental para su organización. Nuestra formación en línea incluye coaching en salud mental y una especialización en un área de su elección: Adicciones y Trastornos de la Salud Conductual, Envejecimiento y Cuidado de Personas Mayores, Salud Mental de Niños y Adolescentes y Trauma.

Ventajas de Realizar Este Formación

Obtenga los conocimientos, las habilidades, las herramientas y los pasos prácticos para convertirse en un Coach de Salud Mental dentro de su iglesia u organización religiosa. Incluye una copia gratuita de *reImagine* de Dr. Matthew Stanford, un plan de estudios para grupos de apoyo y acceso al foro de Coaches de Salud Mental y al mapa de la comunidad. Le enseñaremos cómo ofrecer ayuda, esperanza y aliento a quienes necesitan orientación a lo largo de su camino hacia la recuperación y el bienestar de la salud mental.

ESCANEAR PARA APRENDER MÁS



Aprenderás:



Cómo reconocer los signos y síntomas de los tipos más comunes de enfermedades mentales y el papel de la fe en la curación.



Eduque a otros sobre la salud mental, reduzca el estigma y su papel como Coach de la Salud Mental.



Aprenda ética, pautas, procedimientos de admisión y habilidades clave de coaching para crear un espacio seguro.



Apoyar a quienes experimentan problemas de salud mental y conductual, a sus cuidadores y a sus seres queridos mientras se recuperan.



Construya una red de referencias profesionales, recomiende a quienes entrena a profesionales de la salud mental y estrategias prácticas para comenzar su práctica de Coaching de Salud Mental.

RECURSOS DEL MINISTERIO DE SALUD MENTAL

reImagine

A Holistic Approach to Mental Health
Wellness and Recovery



reImagine

Un enfoque holístico para el bienestar mental y la recuperación

Un libro de trabajo que puedes utilizar para guiar tu práctica como Coach de Salud Mental.

Este es SOLO un recurso para entrenadores de salud mental



Gracias a este entrenamiento ahora me siento con más seguridad y capacidad para ayudar a alguien en una crisis. Por ejemplo, si una amiga tuviera un ataque de pánico, ahora conozco ejercicios y técnicas que podrían ayudarla a recuperar la calma.



Fernanda V.
*Spanish Empower Faith Communities
Training Participant*



Mental Health Ministry Master Class

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