

Resources

Free trainings and resources are available. For more information, visit the Spirituality Initiative at www.smchealth.org/Spirituality or www.nami.org/faithnet for additional resources.

Spirituality Initiative

All community members are welcome to attend our meetings held:

2nd Tuesday of the month (except December), 12:30-2:00pm, visit www.smchealth.org/Spirituality for meeting dates and locations.

The Spirituality Initiative is an interfaith collaborative of clients, providers, community members and partners, faith leaders and county staff striving to encourage welcoming, caring congregations.

They promote the vital role of spirituality in the recovery journeys of many who live with mental health and / or substance use conditions, those for whom faith is a key component.



The Spirituality Initiative was founded by a group of clinicians, consumers and family members who saw a need to incorporate spirituality in mental health and substance use treatment.

Funded by voter-approved Prop. 63 - Mental Health Services Act (MHSA).

For more information, visit www.smchealth.org/Spirituality



Behavioral Health & Recovery Service
Office of Diversity and Equity
www.smchealth.org/ODE
(650) 573-2541

Spirituality

in Mental Health & Substance Use Recovery



Did you know 1 in 4 of us have a mental health condition?

Chances are someone you know has a mental health and/or substance use condition that you may not be aware of because they are active members in the community.

However, more than half of the people with a mental health condition are not getting the help they need because of the stigma surrounding mental illness and the fear others will judge them.

Mental illness and substance use disorders are a medical condition and people can and do recover.



Spirituality can help many people with mental health and substance use conditions find the support they need.

How can spirituality support health and well-being?

The more we talk about mental health and substance use conditions, the more people will feel empowered to seek help.



Studies show that a positive spiritual orientation helps people cope, and become more resilient in the face of life's challenges. Many people find spirituality can play an important role in helping them find support and meaning during their treatment and recovery.

Spirituality:

- **fosters hope**, which is a simple yet powerful tool that promotes recovery.
- **welcomes everyone** into recovery regardless of their spiritual beliefs and practices.
- **cultivates respect and openness**, which are necessary for creating a welcoming space for everyone to recover within the greater community.

How can the faith community help?

A place of worship is a safe space for people where they can feel welcomed and have an instant sense of support and community. But how they are treated within this environment is crucial to that feeling of security. Here are a few suggestions for how to foster a welcoming and supportive environment.

- **Learn about mental health.** Be open to talk and learn about the subject. Invite local mental health professionals to speak with your congregation.
- **Attend Mental Health First Aid**, a free educational training to learn to recognize symptoms and how to help.
- **Offer a place to belong**, a small spiritual support/fellowship group can make a huge difference to someone living with a mental illness.
- **Invite the family to sit with you** at church services and events.
- **Make an effort to talk to them** and show that you care and understand.
- **Ask them** what would be most helpful to make them feel comfortable or welcome.
- **Equip people in your congregation to provide support** through prayer, home visits, support groups and inclusion in worship and other activities.