

# Faith & Mental Health

## Blue Sheet

Resources for Faith Leaders

### Creating Community Connections for Mental Health

A mentalhealth.gov website with education on mental health and ideas on how faith leaders can help

<https://bit.ly/2I7SWkN>

### Mental Health for Faith Leaders Toolkit

An American Psychiatric Association guide with an overview of mental health and mental illness, as well as information on how faith leaders can support people with mental health challenges. <https://bit.ly/3I7RqxB>

### SAMHSA

### Faith-Based Leaders and Spiritual Leaders

A resource list for religious leadership, faith-based communities, and those wishing to learn more about the role of faith-based communities in disasters.

<https://bit.ly/32c8hb9>

### Center for Faith-Based Partnerships and Neighborhoods

The partnership center has monthly virtual learning webinars on the intersections of faith and mental health. Faith leaders could sign up to receive emails when these webinars are happening to continue their mental health learning journey.

### Interfaith Network on Mental Illness

Mental Health Guide for Faith Leaders with (video resources on how to make mental health referrals). <https://bit.ly/32ggVVT>

### Faith Leaders and Self- Care: Duke University

Self-care is not selfish. Through wellness interventions and behavioral health studies, and other programs and resources, the Duke Clergy Health Initiative underscores the theological reasons for caring for oneself and offers strategies to help pastors develop holistic health practices.

<https://bit.ly/3k9Nlb3>

#mentalandspiritualhealth