

A Wellbeing Menu for the Church

These charities, among others, would like to offer support to churches as they decide how to engage in the arena of mental and emotional health

RenewWellbeing

Renew Wellbeing helps churches open spaces of welcome and inclusion in partnership with mental health teams to improve mental and emotional wellbeing.

Renew spaces are simple cafe style spaces run by local churches where hobbies and activities are shared or co-produced. Each cafe space is attached to a quiet room or prayer space where inner habits of wellbeing are shared. Each church partners with a mental health professional from the local council to ensure good inclusive practices for safe spaces where it's OK not to be OK can be sustained.

Being present • Being prayerful • Being in partnership

Renew Wellbeing provides information, inspiration, training and ongoing support to local churches as well as developing a simple national strategy for many small safe spaces to be made available through churches and councils working together.

Online training and resources available FREE www.renewwellbeing.org.uk



Sanctuary Mental Health Ministries is an international Christian charity that equips the Church to support mental health and wellbeing. Sanctuary provides free, high-quality, educational resources developed in collaboration with clinical psychologists, theologians, church leaders, and people with lived experiences of mental health challenges. These resources integrate psychological, social, and theological perspectives on mental health using films, written materials, and discussion guides. Sanctuary's resources include:

- The Sanctuary Course: an eight-part course that utilises clinical and theological research, engaging discussion questions, and compelling films to examine the subject of mental health from a faith perspective
- Faith, Grief, and COVID-19: a four-part series of films with conversation guides that draw upon the fields of counselling, theology, and palliative care to address the unique challenges of the pandemic
- Deeply Rooted: A Wellbeing Resource for Leaders during Coronavirus:
- The Sanctuary Podcast: interviews with prominent Christian leaders and theologians
- The Sanctuary Blog: articles and essays from pastors, theologians, mental health experts, and people with lived experiences of mental health challenges

You can learn more about Sanctuary and download a free resource designed specifically for UK leaders at sanctuarymentalhealth.org/uk

TalkThrough

TalkThrough offers a combination of resources that aim to equip youth workers, parents, churches and schools to:

- Provide effective pastoral care that supports good mental health and wellbeing in young people at a time when we have a mental health crisis in the UK.
- Develop youth ministry practice that builds lifelong faith resilience in young people at a time when discipleship is challenging.
- Look after themselves by offering training and support towards the wellbeing and resilience of youth workers so they are resourced to work in what is an ever-increasing complex area of ministry.
- Connect people to resources that support work with young people and sources of help for young people.
- To know more about the work at TalkThrough, please check out their website: www.talkthrough.org.uk

Kintsugi Hope

Kintsugi Hope exists to see a world where mental and emotional health is supported and understood, with safe and supportive spaces for people to grow and flourish. Kintsugi Hope achieves this through Wellbeing Groups run by local Churches and Christian charities, a 12 week programme designed to look at themes of emotional and mental health with peer facilitated support. We currently have 165 churches who are running Kintsugi Hope Wellbeing Groups in their communities. Kintsugi Hope Youth has just launched which has been adapted to 6 weeks and looks at common issues that young people face in 7 different learning styles. Kintsugi Hope is praying for a movement where people can experience safety and support with no embarrassment or shame or struggling, an increase in self-worth, confidence and wellbeing, a deeper understanding of the love of God and clear pathways to support if needed.

For more information visit www.kintsugihope.com

Mind and Soul Foundation

A great charity that seeks:

To educate: sharing the best of Christian theology and scientific advances.

To Equip: Helping people meet with God and recover from emotional distress.

To Encourage: Engaging with the local church and mental health services.

www.mindandsoulfoundation.org

There are many other great charities and organisations working to support churches in the wellbeing arena . Please do contact any of these or other charities to help you in these interesting times.

