



HOPE for WELLNESS

# MENTAL HEALTH AWARENESS

## What is Hope for Wellness?

A ministry created through the Diocese of Orange in response to Bishop Vann's call to recognize the role of the Church in Mental Health. The Diocese of Orange is working through its Hope for Wellness ministry to expand its outreach in mental health awareness in Orange County.

## Why is Mental Health Awareness Important?

Untreated mental illness can worsen in severity and lead to pain and suffering for individuals, families and communities. But through treatment there is hope.

- 1 in 4 people in Orange County are experiencing a mental health challenge
- Mental Illness is a major contributor to substance abuse, homelessness and suicide
- Suicide is the 3rd leading cause of death among 10-24 year olds. 90% of those who die by suicide have a mental illness.

## How Can Our Faith Community Help Heal Mental Illness?

In short, Education and Open Conversation!

- Stigma is *the #1 barrier* to treatment for those with mental illness.
- Stigma can be reduced through awareness and open conversation.
- Education is the key to getting people talking about mental illness and getting people help.

## How do I start?

Share this brochure with key parishioners and begin the discussion. Then contact us and we'll meet with your team and help move the program forward.

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## A Walk with Bernie

"A man from the neighborhood came to the rectory when I was a young priest. He was known to have schizophrenia and suffered hallucinations. No one else was around so I asked Bernie to go on a walk. After walking and praying together I noticed over time that Bernie's behavior became less erratic and calmer. I learned that the simple act of walking with someone on their journey to recovery is one of the most healing acts we can do."

– Bishop Kevin Vann, October 8, 2015 at The Gathering on Mental Health & The Church.

## What can Hope for Wellness do for our Parish?

The goal of **Hope for Wellness** is to help parishes start a grassroots effort to get everyone educated and talking about Mental Health. The more our communities talk openly and compassionately about Mental Health, the more people will feel confident and comfortable to seek help.

- Provide materials and lead group discussions on mental health topics.
- Help your parish organize basic education presentations.
- Sponsor panels of experts on hot topics to inform parishioners on relevant topics.

## Parishioners will be better able to respond with the 3 R's of Mental Health Help

Recognize – warning signs

Refer – to helpful community resources

Recover – be with them on their journey to health