

At all levels, the Church can be 'a voice for the voiceless', helping to reduce the stigma often associated with peoples' mental health.

The Church has a ready-made network of communities, buildings and pastoral contacts that can be utilised in helping to design and deliver appropriate and accessible services in collaboration with local communities.

The effects of mental health problems on both sufferers and those who care are huge. Nearly nine out of ten people with mental health



Five tips to deal with loneliness and isolation

There are simple ways you can deal with feeling lonely or isolated. Read our five tips to help

[View our tips](#)



13 Daily reflections



ed reflections can be used at any point throughout the year

Minority ethnic mental health resources

This is an introduction to UKME Mental Health and the Church’s response. The information is taken from a toolkit that aims to raise awareness and provide information for those working in the Church

[View the toolkit](#)



Liturgical resources



Deliverance Ministry

Deliverance ministry is a specialist ministry within the Church of England and constitutes one aspect of the Church of England’s commitment to bringing wholeness, peace and healing to all who experience distress, whether in body, mind or spirit.

[Pastoral Guidance for Deliverance Ministry](#)

Watch a short video about the Faith and Mental Health Conference which took place at Lambeth Palace in October 2019

Find services and organisations that can offer help and support

[Explore](#)

Source URL: <https://www.churchofengland.org/resources/mental-health-resources>