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 problems have been affected by stigma and discrimination.

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

13 daily reflections to promote positive mental health.

Written by Professor Chris Cook and accompanied by “have a go” habits, these themed 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

Prayer and worship resources from the Liturgical Commission

Download the resources

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