

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

A person's hands held together as they rest their arms on a balcony.

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.

Blurred out person with their back to the camera

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 to promote positive mental health.

13 Daily reflections

Written by Professor Chris Cook and accompanied by "have a go" habits, these themed reflections can be used at any point throughout the year

[Read our reflections](#)



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>