

MENTAL HEALTH: THE POWER OF TRIGGERS AND RESPONSES

THE INTERSECTION OF FAITH, MENTAL HEALTH
AND COVID-19

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**THE INTERSECTION OF FAITH,
MENTAL HEALTH, AND COVID-19:
IMMEDIATE STRATEGIES**

Crisis management:

–Self Care (You First)



THE INTERSECTION OF FAITH, MENTAL HEALTH AND COVID-19: IMMEDIATE STRATEGIES

Crisis management:

Mind

- Ensure members have up-to-date accurate information about COVID-19 in their community
- Helping members deal with anxiety, fears, isolation, and issues surrounding dying, death, funerals, and isolation
- Confidence building (**putting on whole armor**)
- New/enhanced ways to communicate

THE INTERSECTION OF FAITH, MENTAL HEALTH AND COVID-19: IMMEDIATE STRATEGIES

Body

Ensure basic needs are met

Encourage members practice self-care/caution



- Need for social distancing is real (stay in unless absolutely necessary to go out)
- Continue all medical routines
- Stay active: physical (exercise)/mental activity (reading, word games, reduce screen time)
- Wear PPE when going out

THE INTERSECTION: IMMEDIATE STRATEGIES

- **Spirit**

Important to maintain contact (geared to members needs)

- Social media
- Telephone (for older members)
- Mail (Yes! Snail mail)

THE INTERSECTION: IMMEDIATE STRATEGIES

- **Spirit**

Myth buster (tell the truth about how religion is being played out during COVID-19)

- Test faith by testing death
- Not always had church building, but always had God
- 1st Century church did not have church buildings; they worshipped in their homes

THE
INTERSECTION
OF FAITH AND
MENTAL
HEALTH
FUTURE
STRATEGIES

Ways to demystify/de-stigmatize mental health/Increase access to mental health care

- Eliminate barriers
- Strengthen linkages
 - Establish partnerships (PCP)
 - Identify appropriate mental health professional
 - Health teams (natural helpers)
 - Offer Mental Health First Aid certification classes,

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All of UsSM

THE FUTURE OF HEALTH BEGINS WITH YOU

The
Precision
Medicine
Initiative[®]



TAKE AWAY

Cannot 'Pray Away' Mental Illness

“As we begin to have more open conversations about mental health in the black community, this is an opportunity for the black church to begin the necessary work of reconciling belief in an all-powerful God and the severity of mental illness so that more people may feel empowered enough to step out on faith and seek necessary help.”

CONTACT INFORMATION

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