

What does the Bible say?

God created humankind in his image, in the image of God he created them. **(Genesis 1:27)**

Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light. **(Matthew 11:28)**

Bear one another's burdens, and so fulfill the law of Christ. (Galatians 6:2)

But the Lord says, "Because the poor are oppressed, because of the groans of the needy, I'm now standing up. I will provide the help they are gasping for. **(Psalm 12:5)**

I'm convinced that nothing can separate us from God's love in Christ Jesus our Lord: not death or life, not angels or rules, not present things or future things, not powers or height or depth, or any other thing that is created. **(Romans 8:38-39)**

I came that you might have life and have it abundantly. **(John 10:10)**



What does The United Methodist Church say?

The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." Unfortunately, mental health eludes many in our world resulting in considerable distress, stigma and isolation. Mental illness troubles our relationships because it can affect the way we process information, relate to others and choose actions. **(Social Principles ¶162.X)**

No person deserves to be stigmatized because of mental illness. **(Social Principles ¶162.X)**

Persons with mental illness and their families have a right to be treated with respect on the basis of common humanity and accurate information. They also have a right and responsibility to obtain care appropriate to their condition. The United Methodist Church pledges to foster policies that promote compassion, advocate for access to care and eradicate stigma within the church and in communities. **(Social Principles ¶162.X)**



CHURCH & SOCIETY

The United Methodist Church

Living **FAITH** Seeking **JUSTICE** Pursuing **PEACE**

HEALTH AND WHOLENESS

MENTAL HEALTH

What do the facts say?

- Mental illnesses are common in the United States. Nearly one in five US adults live with a mental illness (52.9 million in 2020).¹
- Young adults aged 18-25 had the highest prevalence of mental health concerns (30.6%) compared to adults aged 26-49 years (25.3%) and aged 50 and older (14.5%).²
- The COVID-19 pandemic caused a 25% increase in prevalence of anxiety and depression worldwide.³
- Suicide is the leading cause of death in the United States, with 45,979 deaths in 2020. This is about 1 death every 11 minutes.⁴
- In 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide.⁵



^{1,2} National Institute of Mental Health / National Institutes of Health, ³ World Health Organization, ^{4,5} Center for Disease Control

What do you say?

Take **ACTION** for justice...

Remind your elected officials that individuals and families experiencing mental illness form a sizable and vulnerable population in your community. Those dealing with mental illness benefit from public health services, community health initiatives, and having thoughtful advocates that listen to their needs. Programs at the community, state, and federal level help individuals in coping with mental illness and provide assistance to families.

Learn more about how mental illness affects your community, and about how to support public and private resources for those struggling with mental illness through National Alliance on Mental Illness (www.nami.org/faithnet) and Pathways (<http://pathways2promise.org>).

Make a commitment to implement the Caring Congregations program in your church. Look for more resources through Mental Health Ministries at www.mentalhealthministries.net.



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