

# MENTAL HEALTH MINISTRIES

## *Mental Health Mission Moments*

An Ecumenical Resource

### About this DVD

Mental Health Mission Moments is an ecumenical resource to help clergy and lay persons address mental health issues in the context of the Sunday morning worship service. These nine 2-3 minute DVD segments can also be used with small groups or classes to generate discussion. Each segment presents an issue related to the experiences of mental health, puts a face to the issue, and ends with a message of hope. The accompanying Resource Guide includes sermon starters, liturgical material, additional scriptural references and other resources to help educate congregations about mental illness.

The Resource Guide is a starting point. You are encouraged to use parts of this material, rearrange it, adapt it to your setting or write your own. One sermon starter is given for each segment, but other

scripture references may also be used. Where applicable, texts from the Common Lectionary are noted.

### DVD Segments

- Coming Out of the Dark  
(Length: 30 seconds)
- Mental Illness and Families of Faith  
(Length: 2:54 minutes)
- Understanding Depression  
(Length: 2:25 minutes)
- Addiction and Depression  
(Length: 2:17 minutes)
- Teenage Depression and Suicide  
(Length: 3:11 minutes)
- Mental Illness and Older Adults  
(Length: 2:32 minutes)
- Where is God in the Darkness  
(Length: 2:55 minutes)
- Overcoming Stigma: Finding Hope  
(Length: 2:56 minutes)
- Creating Caring Congregations  
(Length: 2:42 minutes)



Mental Health Mission Moments is produced by Mental Health Ministries. The cost of this resource is \$14.95. It can be purchased by credit card on the Mental Health Ministries web site, [www.MentalHealthMinistries.net](http://www.MentalHealthMinistries.net). Or send a check (\$14.95 plus \$6.00 shipping and handling) to Rev. Susan Gregg-Schroeder, Coordinator of Mental Health Ministries, 6707 Monte Verde Dr., San Diego, CA 92119. Make check out to "Mental Health Ministries." Visit [www.MentalHealthMinistries.net](http://www.MentalHealthMinistries.net) for other resources on mental health issues.

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