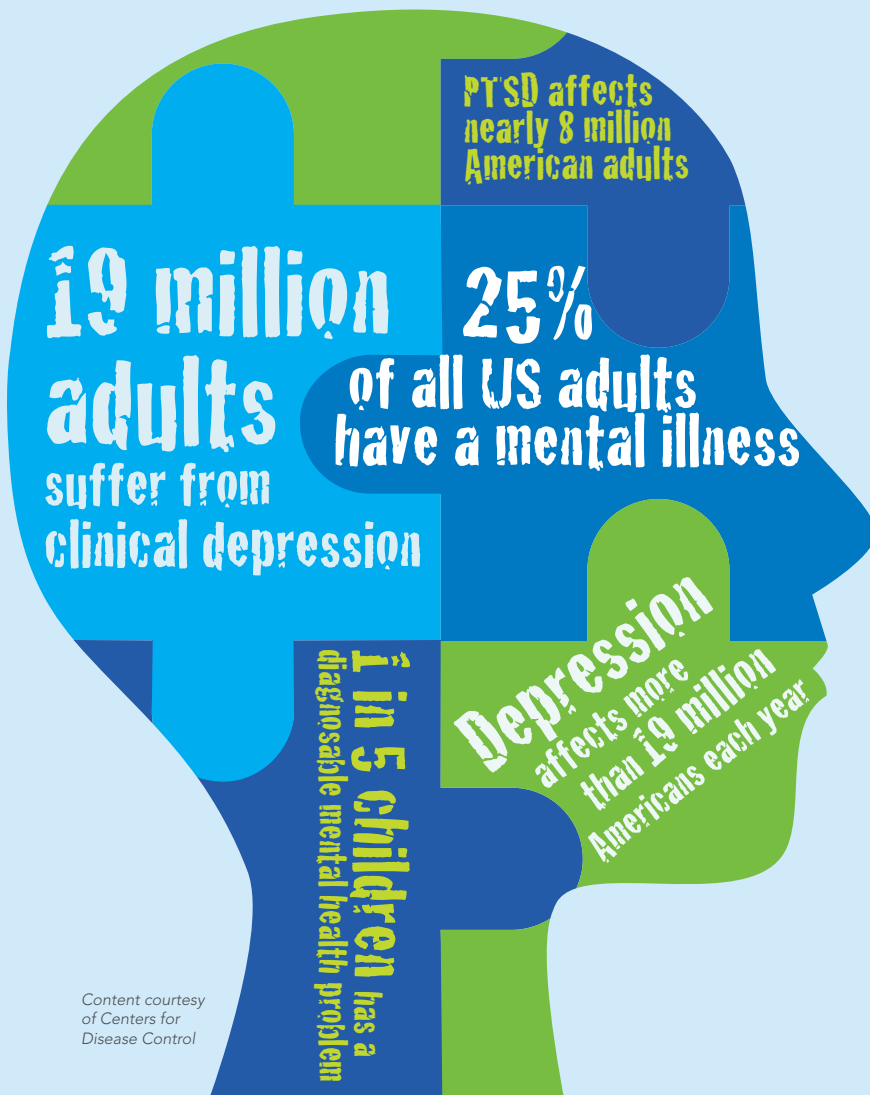


# Faith & Mental Health

## CONFERENCE

## TOOLKIT



Content courtesy of Centers for Disease Control



Changing Health Care for Good.®

# Baptist Health's Faith Based and Community Mental Health Toolkit

## Table of Contents

- I. Introduction of Mental Health – Page 3
- II. Support and Training Resources for Adults – Page 7
- III. List of Local Mental Health Resources for Adults – Page 17
- IV. Support and Training Resources for Children – Page 24
- V. List of Local Mental Health Resources for Children – Page 27
- VI. Resources for Clergy – Page 33

Toolkit is available at:  
[baptistjax.com/toolkit](http://baptistjax.com/toolkit)

# Introduction of Mental Health

## What is Mental Health?

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

*Source: World Health Organization*

## What is mental illness?

A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines.

*Source: Centers for Disease Control*

## Signs and Symptoms

### In Adults, Young Adults and Adolescents:

Confused thinking	Strange thoughts (delusions)
Prolonged depression (sadness or irritability)	Seeing or hearing things that aren't there (hallucinations)
Feelings of extreme highs and lows	Growing inability to cope with daily problems and activities
Excessive fears, worries and anxieties	Suicidal thoughts
Social withdrawal	Numerous unexplained physical ailments
Dramatic changes in eating or sleeping habits	Substance abuse
Strong feelings of anger	

In Older Children and Pre-Adolescents:

Substance abuse	Defiance of authority, truancy, theft, and/or vandalism
Inability to cope with problems and daily activities	Intense fear
Changes in sleeping and/or eating habits	Prolonged negative mood, often accompanied by poor appetite or thoughts of death
Excessive complaints of physical ailments	Frequent outbursts of anger
Changes in ability to manage responsibilities - at home and/or at school	

In Younger Children:

Changes in school performance	Hyperactivity
Poor grades despite strong efforts	Persistent nightmares
Changes in sleeping and/or eating habits	Persistent disobedience or aggression
Excessive worry or anxiety (i.e. refusing to go to bed or school)	Frequent temper tantrums

**For signs and symptoms for a specific mental illness please refer to Mental Health America of Northeast Florida's website: <http://www.mentalhealthamerica.net/mental-health-information>**

**What to do after a diagnosis checklist**

After receiving a diagnosis of mental illness, it is common to experience a range of emotions. For some people, a diagnosis can be a relief in that they are finally able to put a name to a problem. For others, it can be a major blow. They may experience fear, anger, denial, shame or sadness, or they may wonder, "Why did this happen to me?" "How will this affect my life?" or "What will people think of me?"

Being told that you have a mental illness is not the end of the world, however. With help and support, you can recover and achieve your life's ambitions. Of course, you will face many challenges as you begin your treatment, but there is hope. Mental illnesses are manageable. And there are a number of things you can do for yourself after a diagnosis to cope with the news, keep up with your treatment, and support your own recovery.

## **1. Be hopeful.**

Above all else, it's important to maintain a positive outlook. Here are a few things to keep in mind throughout your treatment and recovery:

You are not alone in this experience. Mental illnesses are common, affecting one in every five Americans.

You can improve and achieve your goals. Today, many people who are diagnosed with serious mental illnesses are managing their conditions and regaining control of their lives.

You can and should play an active role in your treatment. And the more informed you are about your illness and treatment options, the better you'll be able to direct your recovery.

## **2. Learn all you can about your diagnosis.**

If you're ready, do some research on your particular illness, the recommended treatments, and other self-help ideas. The more you learn, the better you'll be able to work with your doctor and make decisions that feel right for you.

Again, talk to people who have had similar experiences, or mental health professionals you know and trust. The internet can be a great resource for information about mental illnesses and treatment options. There are a number of websites, including Mental Health America's, which can give you additional information. However, beware of websites that offer quick fixes or don't reveal their sources.

## **3. Get emotional support and health advocate**

An important step in coping with a diagnosis is finding emotional support. Talk to friends and family members you feel close to and trust they care about you and want to help you recover. Discuss your feelings about the diagnosis and any treatments or services that have been recommended. Don't be afraid to let people know how to help you. This support will be important, both as you begin your recovery and when you have to deal with setbacks along the way.

Also, you may want to meet people who have already been through what you are currently experiencing. This can help you prepare for what's ahead and help you avoid any problems others may have experienced in their recovery. Seek out self-help groups and support organizations that can reduce any feelings of isolation and loneliness.

#### **4. Understand your health care options.**

Getting the services you need and paying for them can be a challenge. Your options may be limited by whether or not you have insurance, the type of insurance you have (private, HMO, Medicaid, Medicare), and the amount of coverage your plan provides for mental health care. There also may be a shortage of mental health professionals where you live, and it can be tough to get an appointment. But, remember, there are options. Follow the steps below to learn more about your options:

If you're employed and have a health plan, call your health insurer to see if they cover mental health services. Then find out which mental health professionals in your area are willing to accept payment from your insurance plan. If your employer has an Employee Assistance Program (EAP), they can also help you find services you can afford. Many companies' EAPs provide a certain number of free counseling sessions.

If you get health care through a government program like Medicaid or Medicare, you should contact a community mental health center or local health department to see which doctors or programs accept this form of health insurance.

If you don't have health insurance, ask your community mental health center about reduced-cost (or sliding- scale fee) mental health services.

#### **5. Develop a partnership with your doctor and/or therapist**

Once you have received a diagnosis and are in contact with a doctor or a mental health professional, here's what you need to know about making the most of these relationships from the start:

Make sure it's the right fit for you. If possible, interview multiple providers; don't be afraid to meet with more than one. You'll want to find a doctor, mental health professional or peer counselor with whom you can relate. Ask them about their style of treatment and experiences helping other people with your particular illness.

Be open with your doctor or therapist and share how you're really feeling. Go to your appointments with a list of questions you may have about your diagnosis and the therapies that are being proposed. After starting a course of treatment, you should begin to notice changes: relief from your symptoms, more self-assurance, and greater ability to make decisions. You should tell the doctor or therapist about your progress, or if you are having any problems. Don't be afraid to voice your concerns.

Involve your family and friends in your treatment, if you're comfortable with that. Invite them to accompany you to an appointment or to sit in on a therapy session.

Getting the right help requires perseverance and self-advocacy. Take advantage of the options you have and continue to search for other ways to meet your needs. Remember - getting back to your life is the goal of recovery!

*Source: Mental Health America of Northeast Florida*

# Support and Training Resources for Adults

## Mental Health America Screening Tool

The following tool is a self-survey to assess your risk factors to specific mental disorders. Following screening, you will be provided with information, resources and tools to discuss the results with a provider.

**Please note:** Unless specified our screens are validated only for adults. By clicking on a screen below, you acknowledge that the screen is not a diagnostic instrument. You are encouraged to share your results with a physician or health care provider. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of these screens.

Link to Mental Health America's Screening Tool:

<http://www.mentalhealthamerica.net/mental-health-screening-tools>

Depression Screening >

Anxiety Screening >

Bipolar Screening >

PTSD Screening >

Youth Screening >

Parent Screening >

Alcohol or Substance Use Screening >

Work Health Survey >

MHA Screening is made possible through the generous contributions of individuals and organizations that share our vision of a healthy America. This portion of our campaign is supported, in part, through philanthropic contributions from Eli Lilly and Company, Actavis, Alkermes, and The FAAS Foundation.

*Lilly* **Actavis** **Alkermes** **FAAS FOUNDATION**

Answers That Matter.

Sources

1. Substance Abuse and Mental Health Services Administration. Results from the 2012 National Survey on Drug Use and Health: Mental Health Findings. NSDUH Series H-47, HHS Publication No. (SMA) 13-4805. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.

2. Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). Archives of General Psychiatry, 2005 Jun(62):6):617-27.

## PsychCentral Psychological Tests and Quizzes

The following tool is a self-survey to assess your risk factors to specific mental disorders. Following screening, you will be provided with information and referrals to a local provider.

**Disclaimer:** The contents of this site are for informational and educational purposes only. Nothing found on our website is intended to be a substitute for professional psychological, psychiatric or medical advice, diagnosis, or treatment.

**Always seek the advice of your physician or other qualified mental health provider with any questions you may have regarding a medical condition or mental disorder.** Never disregard professional medical advice or delay in seeking it because of something you have read on our site

The screenshot displays the PsychCentral website's 'Disorders & Symptoms' section. The page lists several tests and quizzes, each with a brief description of its purpose. On the right side, there is a sidebar with social media icons, a newsletter sign-up form, and a 'Most Popular News' section.

**Disorders & Symptoms**

- Adult ADD Screening Test**  
For helping to determine whether you have symptoms commonly associated with adult [attention deficit disorder](#) (ADHD/ADD).
- QUICK Adult ADHD Screening Test**  
For helping to determine whether you have symptoms commonly associated with adult [attention deficit disorder](#) (ADHD/ADD). This is a quick, 6 question quiz.
- Cork ADHD Quiz**  
Our newest screening test for [attention deficit disorder](#) (ADHD/ADD). This is a quick, 9 question quiz.
- Childhood ADHD Screening Test**  
For helping to determine whether your child or teenage daughter or son has symptoms commonly associated with [childhood attention deficit disorder](#) (ADHD/ADD).
- Anxiety Screening Test**  
For helping to determine whether you have symptoms commonly associated with an [anxiety disorder](#), such as [panic disorder](#) or [generalized anxiety disorder](#).
- QUICK Anxiety Test**  
For helping to determine whether you have symptoms commonly associated with an [anxiety disorder](#), such as [panic disorder](#) or [generalized anxiety disorder](#). This is a quick, 7 question quiz.
- Autism / Asperger's Test**  
Our longer, 50-question screening test helping to determine whether you have symptoms commonly associated with an [autism spectrum disorder](#).
- QUICK Autism Screening Test**  
A short, quick 14-question screening measure to help you determine if you have symptoms consistent with an [autism spectrum disorder](#).
- Bipolar Screening Test - New!**  
Our newest bipolar screening measure, based upon the DSM-5 diagnostic criteria for possible diagnosis of [bipolar disorder](#) (both Bipolar I and Bipolar II disorders).
- Bipolar Screening Quiz**  
Our older bipolar quiz, for helping to determine whether you have symptoms commonly associated with [bipolar disorder](#), also known as manic-depression.
- Depression Test**  
For helping to determine whether you have symptoms commonly associated with [depression](#), and to track your depressive feelings over time.
- QUICK Depression Test**  
For helping to determine whether you have symptoms commonly associated with [depression](#).
- Mania Test**  
For helping to determine whether you have symptoms commonly associated with a [manic episode](#) (or mania, a part of [bipolar disorder](#)), and to track your manic feelings over time. Also, consider taking the [Bipolar Screening Quiz](#).

**Most Popular News**

- Blue Eyes Linked to Greater Risk for Alcoholism
- Brain Profiles May Suggest Risk for Problem Drinking, Sexual Behavior
- A Man's Smile Identifies Level of Sexism
- Simple Changes to Classroom Procedures Helps ADHD Kids
- Social Anxiety Tied to Overabundance of Serotonin

Join Over 165,000 Subscribers to Our Weekly Newsletter  
email address



## **NAMI PEER-TO-PEER and FAMILY-TO-FAMILY Classes and Support Groups**

**Peer-to-Peer** is a 10-week course for people with mental illness, to assist them in understanding brain disorders, symptom management, relapse prevention, coping skills, and advance directives.

**The classes are offered at various times and locations throughout the year. For information on Peer to Peer, call the NAMI Helpline at 904-724-7782.**

**The Family-to-Family** course consists of a series of classes for family members of adults with serious and persistent mental illness as well as those whose behaviors suggest such a diagnosis. It is designed to help families face the challenges of brain disorders and find support, resources, and coping strategies. The course is free.

**The classes are offered at various times and locations throughout the year. For information on Family to Family, call the NAMI Helpline at 904-724-7782.**

### **Family Support Groups**

Support for family members and friends of people with a mental illness.

#### **Locations:**

MEMORIAL HOSPITAL (3625 University Blvd S / Medical Building Classroom 3)  
Support group meets the 2nd and 4th Thursday evenings from 7 – 8:30 pm

ORTEGA UNITED METHODIST CHURCH (4807 Roosevelt Blvd / Library)  
Support group meets the 1st and 3rd Thursday evenings from 7 – 8:30 pm

VICTORY CELEBRATION CHURCH (3220 New Berlin Rd / Fellowship Hall)  
Support group meets 1st and 3rd Thursday evenings from 7 – 8:30 pm

ORANGE PARK MEDICAL CENTER (2001 Kingsley Ave / Classroom 2 on first floor)  
Support group meets 1st and 3rd Tuesday evenings from 6 – 7:30 pm

### **Connection Recovery Support Groups**

Connection Recovery Support Groups are facilitated by individuals who live with mental illness and have been trained by NAMI. The groups are open to individuals who live with mental illness with any diagnosis.

#### **Locations:**

RIVER POINT BEHAVIORAL (6300 Beach Blvd./Outpatient Building)  
Support Group meets every Thursday evening from 7 – 8:30 pm

ORANGE PARK MEDICAL CENTER (2001 Kingsley Ave./Classroom 1 on first floor)  
Support group meets 1st and 3rd Tuesdays from 6 – 7:30 pm

## Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment locator

The SAMHSA Behavioral Health Treatment Services Locator is an online source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems. Services can be found by simply entering your zip code. Click link to find resources now: <https://findtreatment.samhsa.gov/> or call 800-789-2647.

The screenshot displays the SAMHSA Treatment Locator interface. The search criteria are set to Jacksonville, FL 32207, USA. The search results are as follows:

Facility Listing Information	Distance
<b>1 Childrens Home Society of Florida Buckner Division</b> 3027 San Diego Road Jacksonville, FL 32207 Main Tel: 904-493-7744 Intake Tel 1: 904-493-7744 <a href="#">Website</a> <a href="#">Directions</a>	0.41 miles
<b>2 Jacksonville Metro Treatment Center</b> 4427 Emerson Street Jacksonville, FL 32207 Main Tel: 904-398-7015 Intake Tel 1: 904-398-7015 Intake Tel 2: 904-398-7015 <a href="#">Website</a> <a href="#">Directions</a>	1.08 miles
<b>3 Family Foundations</b> 1639 Atlantic Boulevard Jacksonville, FL 32207 Main Tel: 904-396-4846 Intake Tel 1: 904-396-4846 <a href="#">Website</a> <a href="#">Directions</a>	1.17 miles
<b>4 Mental Health Resource Center Inc</b> Show 100 per page	1.47 miles

## Veteran's Treatment Locator

No matter where you live, Post-traumatic stress disorder (PTSD) and substance abuse disorder (SUD) treatment in the Department of Veterans Affairs is available. Each medical center within VA has PTSD and SUD specialists who provide treatment for Veterans with PTSD and there are nearly 200 specialized PTSD AND SUD treatment programs throughout the country.

Some large Community Based Outpatient Clinics (CBOCs) also offer PTSD and SUD care. When there are no nearby facilities, smaller CBOCs provide needed treatment services by telemental health (using technology to communicate) or by referral to Vet Centers or community clinicians. You can use these locators to see if there is a specialized program near you.

PTSD treatment locator:

[http://www.va.gov/directory/guide/ptsd\\_flash.asp](http://www.va.gov/directory/guide/ptsd_flash.asp)

The screenshot shows the "PTSD Program Locator" website. The page title is "PTSD Program Locator" and it includes a sub-header "Descriptions of VA PTSD Programs | Learn more about PTSD: VA National Center for PTSD". Below this, there is a section titled "Locate Nearby Specialized PTSD Programs:" with a search form. The search form has fields for "Program", "Territory/Country", "Address", and "Within". The "Program" dropdown is set to "All Programs" and the "Territory/Country" dropdown is set to "USA". A "Go" button is next to the search fields. Below the search form, there is a list of specialized PTSD programs, including "Evaluation and Brief Treatment of PTSD Unit (EBTPU) Inpatient", "PTSD Clinical Team (PCT) Outpatient", "PTSD Day Hospitals (DH) Intensive/Inpatient", "PTSD Domiciliary (PTSD Dom) Intensive/Inpatient", "PTSD Residential Rehabilitation Program (RRRP) Intensive/Inpatient", "Specialized Inpatient PTSD Unit (SIPU) Inpatient", "Substance Use PTSD Team (SUPT) Outpatient", "Women's Stress Disorder Treatment Team (WSDTT) Outpatient", and "Women's Trauma Recovery Program (WTRP) Inpatient". A "View All Locations" button is also present. To the right of the program list, there is a link to "Programs in a given state." and a "Non-Flash Version" link. Below the program list, there is a map of the United States with state abbreviations. The map includes insets for Alaska, Hawaii, the Philippines Islands, Guam, American Samoa, and Puerto Rico. The website footer includes a note: "NOTE: All VA Medical Centers offer PTSD treatment, even if there is no specific PTSD program. Contact your...". The browser's address bar shows the URL "www.va.gov/directory/guide/PTSD\_flash.asp?isFlash=1". The taskbar at the bottom shows various application icons and the system clock indicating 1:31 PM on 8/2/2015.

SUD treatment locator:

[http://www.va.gov/directory/guide/SUD\\_flsh.asp?isFlash=1](http://www.va.gov/directory/guide/SUD_flsh.asp?isFlash=1)

**Substance Use Disorder (SUD) Program Locator**

Descriptions of VA SUD Programs | Learn more about Substance Use Disorder (SUD)

Program: -- All Programs --  
Territory/Country: USA  
Address OR Zip Code: [Enter your address or zip code]  
Within: Nearest 5 Facilities [Go]

Programs listed:  
National Residential Women's Treatment Program  
Oploid Treatment Program  
SUD 24-Hour Care (Residential)  
SUD Intensive Outpatient  
SUD Standard Outpatient

NOTE: VA Medical Centers without a specific SUD Program do offer SUD Treatment. Contact your local VA Medical Center and ask for the Mental Health clinic. Many Vet Centers and VA Community Based Outpatient Clinics also offer SUD treatment.

To search for SUD treatment outside of VA, visit SAMHSA's treatment locator:  
<https://findtreatment.samhsa.gov/locator?stType=sa>

## Mental Health America of Northeast Florida Provider Locator

Mental Health of America or Northeast Florida can assist you with finding local help. Follow link to find a physician: <http://mhajax.org/>

The screenshot shows the homepage of Mental Health America of Northeast Florida (MH Ajax). The browser address bar displays <http://mhajax.org/>. The website features a navigation menu with links for HOME, ABOUT, PROGRAMS & SERVICES, EVENTS & INFORMATION, FIND HELP, and CONTACT. The main heading is "FINDING HELP" with the tagline "NOTHING MAKES US HAPPIER THAN SEEING THOSE IN OUR COMMUNITY GET CONNECTED TO THE HELP THEY NEED." Below this, there are three primary service boxes: "FIND A PROVIDER" (with a "Search Providers" button), "PROVIDER SUBMISSION" (with a "Register" button), and "LICENSE VERIFICATION" (with a "Check Verification" button). A row of partner logos includes United Way of Northeast Florida, Holland & Knight, Partnership for Children of Jacksonville, Florida Blue Foundation, and the Jessie Ball Dupont Fund. At the bottom, there are three featured articles with images: "HOW I BROKE THE VICIOUS CYCLE OF...", "WHY I DIDN'T TURN TO DRUGS AND ALCOHOL TO...", and "DEALING WITH PEOPLE WHO DON'T UNDERSTAND...".

## Provider Verification

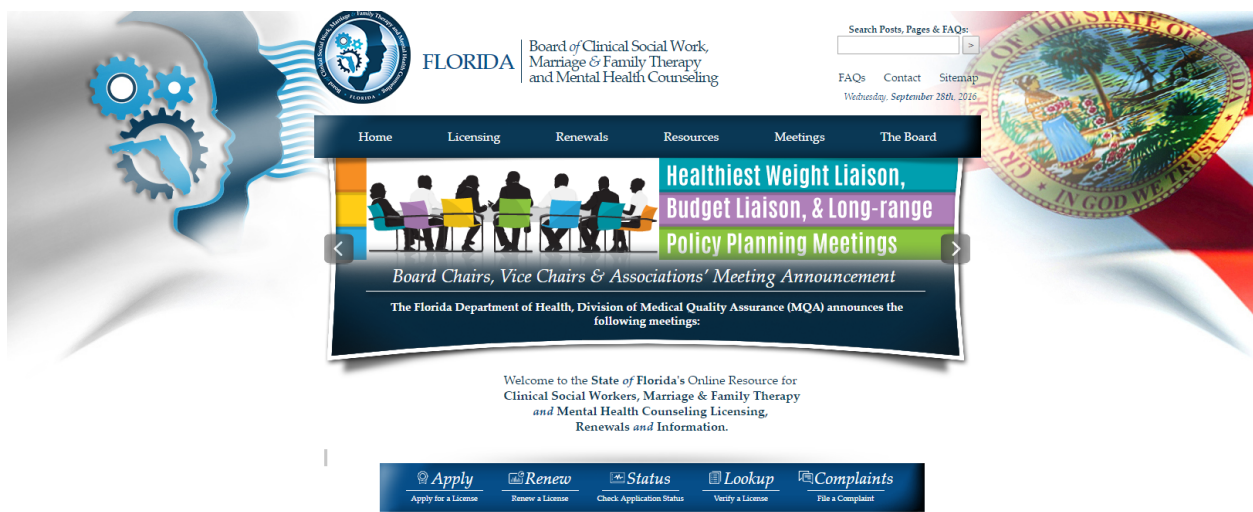
### Mental Health America of Northeast Florida Provider Verification

Mental Health of America or Northeast Florida can assist you with verifying your physician or mental health counselor. Follow link to verify provider license: <http://mhajax.org/>

### Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling

Link to verify a provider: <http://floridasmentalhealthprofessions.gov/>

You can look up provider information by clicking on “Look Up- Verify a license”



That site will transfer you to the Florida Department of Health Provider Verification page.” You can verify your provider by entering in license number, name, profession or business address.



# Training Resources

## Adult Mental Health First Aid

Website: <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/adult/>

The adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem.

### Who can be an adult mental health first aider?

- Public safety workers
- Higher educators
- Peers and Neighbors
- Faith communities
- Military families
- Health and human service workers
- Families and caring citizens
- Rural audiences

### Curriculum Highlights

- Identify common mental health challenges for adults including anxiety, depression, substance use, and disorders in which psychosis may occur.
- Impact of mental and substance use disorders
- Use a 5-step action plan to recognize symptoms, to offer and provide initial help, and to guide a person to the appropriate treatments and other supportive help.
- Dispel myths about mental illness and understand the prevalence of mental illness.
- Local resources and where to turn for help

Baptist Health offers two options for trainings. The first option is one-day eight-hour training and the second option is a two-day four-hour training by a certified Adult Mental Health First Aid Trainer. If you are interested in attending a course or hosting a class for your organization please contact the Social Responsibility Department at Baptist Health at [Community.health@bmcjax.com](mailto:Community.health@bmcjax.com) or 904-202-3013.

## Question, Persuade, Refer (QPR) Suicide Prevention Training

### Program Description:

*QPR* stands for *Question, Persuade and Refer*, an emergency mental health gatekeeper training intervention that teaches lay and professional gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. The training is delivered in a standardized one-to-two hour multimedia format by certified *QPR* gatekeeper instructors or online. *QPR* gatekeepers receive a *QPR* booklet and wallet card as a review and resource tool that includes local referral resources

The gatekeepers will be able to recognize early suicide warnings signs:

- Question their meaning to determine suicide intent or desire
- Persuade the person to accept or seek help
- Refer the person to appropriate resources

### Objectives:

After *minimum* training, *QPR* participants should be able to:

- Recognize someone at risk for suicide,
- Intervene with those at risk; and,
- Refer them to an appropriate resource.

Lutheran Services of Florida (LSF) Health Systems have certified OPR trainers available. If you are interested in attending a course or hosting a class for your organization please contact them at 904-337-4053.



# List of Local Mental Health Resources for Adults

## Baptist Health- Behavioral Health

At Baptist Health, we value the importance of your mental and emotional health as vital components of your overall health. Offering Northeast Florida's only full continuum of mental health care, Baptist Behavioral Health offers the expertise and support each patient needs, whether coping with the demands of life or dealing with a medical condition that affects mood, thinking or behavior.

**Services:** Outpatient, Adult Day Stay and Inpatient services.

For more detailed description of services please visit:

<http://www.baptistjax.com/services/behavioral-health>

## 24-Hour Crisis Line 904-202-7900

If you or someone you love is in crisis, seek help immediately at our 24-hour crisis line, or call 911 for immediate assistance.

## To Schedule an Appointment contact a Patient Coordinator 904-376-3800

Our patient coordinator can help you select a mental health professional with the expertise appropriate for your needs.

To find a Baptist Health Provider:

<http://www.baptistjax.com/doctors/baptist-behavioral-health/locations>

## 211-Suicide Hotline

United Way 2-1-1 operates a suicide intervention and prevention helpline. It can be accessed by dialing **2-1-1 or 1-904-632-0600**.

The United Way 2-1-1 is operational 24 hours a day, 365 days a year and helps callers from 9 Northeast Florida Counties. They include Duval, Street Johns, Clay, Baker, Nassau, Columbia, Suwannee, Hamilton, and Putnam Counties.

**Website:** <http://nefl211.org/default.asp>

## Clay Behavioral Health Center – Clay County

3292 County Road 220

Middleburg, Florida 32068

Phone: 904-291-5561

**Website:** <http://ccbhc.org/>

**Email:** [info@ccbhc.org](mailto:info@ccbhc.org)

**Office Hours:** Monday-Friday 10am - 6pm

Saturday: 10:00am- 6:00pm

Closed on Sunday

Clay Behavioral Health Center is a caring resource providing mental health and substance abuse counseling and treatment to adults, teens, children and families in Clay County

**Services Provided:** Outpatient Counseling , In-Home Mental Health , Life Skills Group , Emergency Services , Family Preservation , Fast Track , PsychoSocial Rehabilitation., Supported Housing , Adult Crisis Alternative Programs (ACAP) ,and Vocational Services .

### Locations:

#### Main Office

3292 County Road 220

Middleburg, FL 32068

Phone: 904- 291-5561

#### Green Cove Springs

501 Palmetto Avenue

Green Cove Springs FL 32043

Telephone: 904-529-2233

#### Administration Office

1726 Kingsley Avenue

Suite 2

Orange Park, FL 32073

Toll Free Number: 1-844-348-5292

## Diocesan Center for Family Life

**Website:** <https://dcfl.org/counselingsupport/>

904-308-8209

1842 King Street Suit 103

Jacksonville, FL 32204

The Diocesan Center for Family Life does not offer any counseling services directly. However, there are many resources available throughout the diocese to which we refer for those in need of help.

## **Family Foundations**

**Website:** <http://familyfoundations.org>

40 East Adams St  
Suite 320  
Jacksonville, FL 32202

**Office Hours:**

Monday-Friday  
8:00 am-12:30 pm  
1:30 pm-5:00 pm

904-396-4846

Services provided: outpatient counseling, financial services/counseling, Westside Full Service Schools, and resources to those in poverty.

## **Gateway Community Services, Inc.**

55 Stockton Street  
Jacksonville, FL 32204  
904-389-9966

Website: <https://www.gatewaycommunity.com>

Services provided: substance abuse treatment - residential, women and children residential, IOP, and adolescent programs.

## **Mental Health Resource Center (MHRC)**

3333 West 20th Street  
Jacksonville, FL 32209  
904-695-9145

Services provided: Comprehensive mental health services including emergency evaluation and crisis stabilization for adults, case management, social rehabilitation, medication management and other outpatient services for persons living in Duval County west of the Street Johns River. MHCJ also provides jail-based diversion for persons under arrest and linkage to community-based services.

## **Mental Health Center of Jacksonville (MHCJ)**

3333 West 20th Street  
Jacksonville, FL 32209  
904-695-9145

Services provided: Comprehensive mental health services including emergency evaluation and crisis stabilization for adults, case management, social rehabilitation, medication management and other outpatient services for persons living in Duval County west of the Street Johns River. MHCJ also provides jail-based diversion for persons under arrest and linkage to community-based services.

## **NAMI HELPLINE**

904-724-7782  
**Website:** <http://jacksonville.nami.org/>

If you are in need of assistance or information, please call and leave a message. You are important to us and your call will be returned as soon as possible by one of our capable volunteers.

## **Mental Health America of Northeast Florida**

**Website:** <http://mhajax.org/>  
8280 Princeton Square Blvd. W. Suite 8  
Jacksonville, FL 32256  
904-738-8420

Mental Health America of Northeast Florida leads community efforts to raise awareness of mental health, advocates for mental illness and connects community partners to improve mental health services for adults, children and families.

## **National Institute of Mental Health (NIMH)**

Information Resources and Inquiries Branch

**Email:** [NIMHinfo@mail.nih.gov](mailto:NIMHinfo@mail.nih.gov)  
6001 Executive Boulevard  
Rockville, MD 20852301-443-4513

The National Institute of Mental Health (NIMH) is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health.

## Northwest Behavioral Health Service

**Website:** [www.nwbh.org](http://www.nwbh.org)

### Operation Hours

8 am – 5 pm

Monday – Friday

*\*After hour services by special appointment only.*

E-mail us at [info@nwbh.org](mailto:info@nwbh.org)

**Services provided:** Mental Health case management, supported housing, and outpatient counseling services for adults with severe and persistent mental illness. Please contact agency for specific information.

### Administration and Adult Services

2392 North Edgewood Avenue  
Jacksonville, FL 32254  
Tel: 904- 781-7797  
Fax: 904- 781-8685

### Nassau County Adult Mental Health Programs

551856 US Highway, Suite 109  
Hilliard, FL 32046  
Tel: 904- 845-4008  
Fax: 904- 845-4018

### Children Services

2400 North Edgewood Avenue  
Jacksonville, FL 32254  
Tel: 904- 781-0600  
Fax: 904- 781-0016

### The Enclaves

2250 Jammes Road  
Jacksonville, Florida 32210  
Tel: 904-378-1827  
Fax: 904-378-1831

## OCD Foundation

**Website:** <http://ocdjacksonville.com/>

8495 Bluestem Ct.  
Jacksonville, FL  
904-783-3211

The Obsessive Compulsive Foundation of Jacksonville is a not-for-profit agency. Their mission is to help you and your family find effective treatment and support. As a public service organization, they seek to educate and inform mental health professionals and Jacksonville community about OCD and its related disorders. Some of the services they provide are support groups and assistance with finding a provider.

## River Region Human Services

**Website:** [www.rrhs.org](http://www.rrhs.org)

3020 Warrington Street  
Jacksonville, FL 32204  
904-899-6300 ext. 4200

**Services provided:** Mental health case management, supported housing, and rehabilitative services for adults with severe and persistent mental illness. Please contact agency for specific information.

Also under the administration of River Region Human Services are two Peer staffed Drop-In Centers for persons with mental health or co-occurring substance use disorders.

**For a detailed list of locations, please click:** <http://www.rrhs.org/locations/>

## St. Augustine Behavioral Health, LLC – St. Johns County

155 San Marco Avenue  
St. Augustine, FL 32084

P: 904- 826-9395

F: 904-547-2255

**Email:** [info@SABHLLC.com](mailto:info@SABHLLC.com)

**Website:** <http://www.sabhllc.com/>

St. Augustine Behavioral Health, LLC (SABH) Is an outpatient mental health office, focused on providing quality behavioral health services to include counseling, psychotherapy, and evaluation. Our office is located in the heart of beautiful Street Augustine, FL. Our clinicians, counselors, and therapists have a combined experience of more than 30 years providing mental health treatment and assessment for a wide variety of issues in inpatient and outpatient settings.

We provide individual and family therapy, group therapy, online video therapy, psychological testing, life coaching, career counseling, couples counseling, substance abuse counseling, and many other services.

**Services provided:** health services, including individual therapy, couples therapy, family therapy, group therapy as well as evaluations.

### Hours

**Monday, Wednesday and Thursday**

**9:00am - 7:30pm**

**Tuesday & Friday**

**9:00am - 5:00pm**

**Saturday-By Appt. (from 9:00am - 7:00pm)**

## Starting Point-Nassau County

Please call at 904-225-8280 for 24/7 Emergency Assistance.

Website: <http://spbh.org/>

Starting Point has been serving the people of Nassau County and the surrounding region since 1992. Our goal is to provide a coordinated approach to care by working together with other agencies and health providers in the community. We are a private, non-profit agency that provides psychiatric treatment, mental health counseling and substance abuse treatment

**Description of Services:** Individual and Family Therapy, Anger management, Positive Parenting, Living Well, Substance Abuse and Recovery, Mental Health Court Program, Co-Occurring Disorder Program, and Women's Substance Abuse Program.

### Locations:

#### **Yulee Main Campus**

463142 State Road 200  
Yulee, FL 32097

24/7 Emergency  
904-225-8280

#### **Hilliard**

371015 Eastwood Road  
Hilliard, FL 32046  
904-845-4033

#### **Fernandina Beach**

2528 Sadler Road  
Fernandina Beach, FL 32034  
904-491-2009

# Support and Training Resources for Children

## 24-Hour Crisis Line 904-202-7900

If you or someone you love is in crisis, seek help immediately at our 24-hour crisis line, or call 911 for immediate assistance

## Federation of Families of Northeast Florida

**Website:** <http://www.fofjax.org/>

**Main Phone:** 904-738-8420

**Office Hours:** Monday-Friday, 9 am – 5 pm

The Federation of Families of Northeast Florida is a family run organization that is committed to educating and supporting families that are impacted by the challenges associated with mental and behavioral health disorder.

Federation of Families of Northeast Florida will build and strengthen family involvement in order to influence behavioral health services and develop a system of care that is family driven and youth guided. They provide advocacy training, support, resources, and information that will assist families in navigating the behavioral health system.

## Youth Move

**Website:** <http://youthmovejax.org/>

Youth MOVE Coordinator: Jessica Rutherford: P: 904-527-8506 email: [jessica@mhajax.org](mailto:jessica@mhajax.org)

Youth M.O.V.E Jacksonville is a youth-led organization devoted to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education, and child welfare.

### Services:

- assist in developing the Youth Leadership program at meetings
- create youth movement principles and policies
- develop training tools, guides and other documents
- Unite the voices and causes of youth.
- act as consultants to youth, providers families and other adults
- provide national youth leadership representing youth served by mental health and other youth-serving systems
- coach others in the area of authentic youth involvement

To receive more information about this program or to have a trained NAMI representative present to your group please contact NAMI at 904-388-3832



## Training Resources

### Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach those who work with youth how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

**Website:** <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>

#### Who can be a youth mental health first aider?

- Parents and Caregivers
- Educators/School administrators
- Peers and Neighbors
- Faith communities
- Coaches
- Health and human service workers
- Families and caring citizens

#### Curriculum Highlights

- Identify common mental health challenges for youth including anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.
- Review typical adolescent development
- Use a five-step action plan to recognize symptoms, to offer and provide initial help, and to guide a person to the appropriate treatments and other supportive help.
- Dispel myths about mental illness and understand the prevalence of mental illness.

Baptist Health offers two options for trainings. The first option is one- dayeighthour training and the second option is a two-day four-hour training by a certified Youth Mental Health First Aid Trainer. If you are interested in attending a course or hosting a class for your organization please contact the Social Responsibility Department with Baptist Health at [Community.health@bmcjax.com](mailto:Community.health@bmcjax.com) or 904-202-3013.

### Mental Health America Children's Depression Checklist

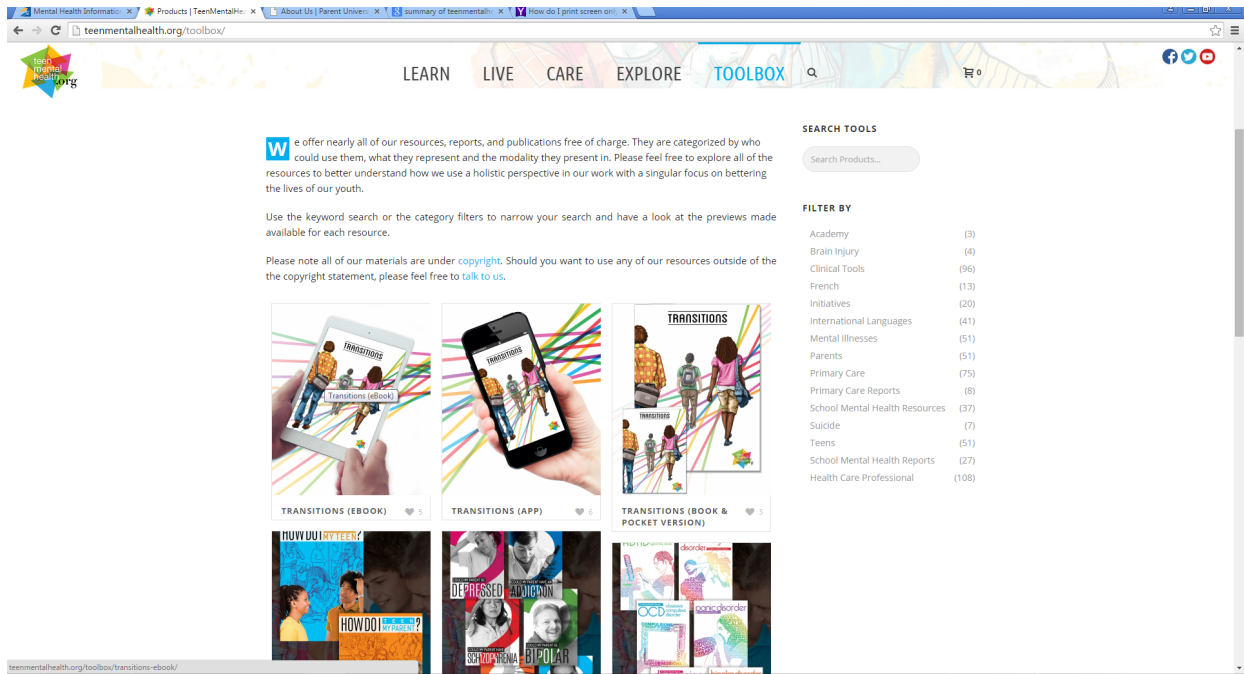
**Link:** <http://www.mentalhealthamerica.net/conditions/childrens-depression-checklist>

### TeenMentalHealth.org

**Website:** <http://teenmentalhealth.org/>

TeenMentalHealth.org is a source of evidence-based resources and information for youth, parents, educators and healthcare providers.

This website contains countless resources to download for free.



## NAMI “Ending the Silence” Program

Ending the Silence is an in-school presentation about mental health designed for high school students. Students can learn about mental illness directly from the family members and individuals living with mental illness themselves.

The presentation is 50 minutes and 30 to 35 kids maximum can attend the presentation. NAMI Ending the Silence is effective at raising awareness, encouraging early identification and intervention and giving a human face to mental illness. By providing a realistic view of recovery and starting a dialog with the students, this program removes the fear and mystery that is often the result of the silence surrounding what can feel like a scary topic.

Students will receive:

Moving stories from positive role models have the power to change kids' views. The discussion gives students the rare opportunity to ask questions about mental health challenges to people who have lived it. The presentation's message of empathy and hope encourages students to actively care for themselves and their friends. It also teaches them it's okay to talk about what they're feeling.

Ending the Silence covers:

- Early warning signs
- Facts and statistics about youth and mental health conditions
- When, where and how to get help for themselves or their friends
- When it's not okay to keep a secret

# List of Local Mental Health Resources for Children

## Baptist Health Pediatric Behavioral Health

At Baptist Health, we value the importance of your mental and emotional health as vital components of your overall health. Offering Northeast Florida's only full continuum of mental health care, Baptist Behavioral Health offers the expertise and support each patient needs, whether coping with the demands of life or dealing with a medical condition that affects mood, thinking or behavior.

**Services:** Outpatient and Inpatient services.

For more detailed description of services please visit:

<http://www.baptistjax.com/services/behavioral-health>

## Child Guidance Center

**Website:** <http://www.childguidancecenter.org/>

904-448-4700

8 a.m. – 5 p.m. Monday - Friday

5776 St. Augustine Rd.

Jacksonville FL 32207

**The Child Guidance Center provides behavioral health counseling and treatment services for children ages 3-18 and their families.**

### Services:

- Anxiety Disorders
- Communication Breakdown
- Emotional/Behavioral Issues
- Low Self-Esteem
- Attention Deficit Disorders
- Sexual, Physical or Emotional Abuse
- Delinquency Issues
- Suicidal Thoughts
- Divorce Adjustment
- Depression
- Family Reunification
- Baker Act Diversion
- Assessment for Substance Related Disorders
- Child Care Consultant
- Fetal Alcohol Syndrome Assessments
- Infant Mental Health

## Community Hospice of Northeast Florida

**Website:** <http://communityhospice.com/our-services/grief-and-loss-support.aspx>

904-407-7001

4266 Sunbeam Road

Jacksonville, FL 32257

Community Hospice of Northeast Florida provides grief and loss support for families and children.

## daniel

**Website:** [www.danielkids.org](http://www.danielkids.org)

904-296-1055

Julie Riley- admissions

8 am – 5 pm Monday – Friday

4203 Southpoint Blvd.

Jacksonville FL 32216

Daniel is a center that provides assistance with therapeutic foster care, psychiatric care, residential treatment for emotional and behavioral health needs, outpatient care substance abuse.

The Behavior Management Program that provides counseling services for youth who are currently being supervised by the Florida Department of Juvenile Justice to help prevent the occurrence of a new law violation. Daniel's mental health professionals provide qualifying youth with weekly individual, family, and group counseling sessions over a three- to six-month period to address family issues, education and employment, peer relations, substance abuse, and behavioral issues. By promoting positive, productive school, home, and community behaviors, the program has proven successful with historical numbers showing that 82 percent of youth in Circuit 4 and 75 percent in Circuit 7 remain crime-free after completion of the program.

Who We Help: Youth are referred to our program by the Florida Department of Juvenile Justice or by Department of Juvenile Justice probation officers. Eligible youth must reside in Madison, Taylor, Hamilton, Suwannee, Lafayette, Columbia, or Dixie Counties (Circuit 3) Clay, Duval or Nassau Counties (Circuit 4) or Flagler, Street Johns, Putnam and Volusia Counties (Circuit 7).

Contact: For more information regarding the Behavior Management Program, email at

[Admissions@danielkids.org](mailto:Admissions@danielkids.org)

## Family Services and Resource Center

**Website:** <http://familytherapyandcounseling.com/>

1542 Kingsley Ave., Suite 136

Orange Park, FL 32073

904-214-3222

At Family Services and Resource Center, we understand that family and personal issues can get in the way of living your best life. Life transitions, such as separation, divorce, unemployment, childhood behavior problems, addiction, terminal illness, and death are difficult to manage. Often, it's hard to move through these experiences on your own. Family Services and Resource Center, Inc. is here to offer you support during these trying times, with strategies that will get you and your family to the next stage in your life.

### Services Provided:

- Child and Adolescent Therapy
- Marriage Counseling
- Family Therapy
- Individual Consultation and Coaching
- Substance Abuse Recovery Services
- Sober Escort and Companion Services
- Divorce Mediation

## Florida Department of Health: Center for Women and Children

**Website:** <http://duval.floridahealth.gov/locations/center-for-women-and-children.html>

904-360-3380

Ask to speak to: Nancy McGowan or Tanya Stokes- Eligibility Specialists

8 a.m. – 5 p.m. Monday – Friday

515 West 6th Street

Jacksonville, FL 32209

The DOH Center for Women and Children provides pediatric care ages birth-21; primary care, pediatric behavioral health, dermatology, nutrition, maternity & STD treatment.

## Full Service Schools

**Website:** <http://www.unitedwaynefl.org/full-service-schools/>

The Full Service Schools collaboration enables United Way and its partners to connect nearly 3,500 students and families to a critical range of therapeutic, health and social services and address non-academic barriers to success in school. Each Full Service Schools site strives to meet the specific needs of the neighborhood in which it is based by providing a number of free services including:

- Behavior help for children
- Individual/family counseling
- Mentoring
- Parenting help
- After-school tutoring
- Case management
- Enrichment activities
- Medical/health services
- Health care enrollment

For more information contact: Keto Porter, Director of Full Service Schools, at 904-390-3247

## Hope Haven Children's Clinic and Family Life Center

**Website:** <http://www.hope-haven.org/>

46000 Beach Boulevard

Jacksonville, FL 32207

904-346-5100

Mental health professionals at Hope Haven address challenges from mild situational problems to more complicated and complex psychological diagnoses.

**Services:** Individual Counseling, Family Counseling, Group Counseling, Anxiety Disorder Clinic and Divorce Related Services

## Hope and Healing Center

**Website:** <http://www.hopeandhealingcenter.com/>

12412 San Jose Blvd. Suite 101  
Jacksonville, FL 32223  
800-896-6105

### Office Hours

Monday: 9:00 am - 5:00 pm  
Tuesday: 9:00 am - 7:00 pm  
Wednesday: 9:00 am - 5:00 pm  
Thursday: 9:00 am - 7:00 pm  
Friday: Closed

At HHC, they are here to serve you and your whole family with ***attachment-focused and trauma-informed*** services that will help your family thrive. Their services are designed to treat symptoms, worries, or issues you face in life while bringing hope and healing to your most desperate situation. They offer an array of services such as confidential counseling, evaluation, and consultation to a broad based clientele including infants (0-5), children, adolescents, adults, families, couples, and small groups.

## Hubbard House

**Website:** <http://www.hubbardhouse.org/services/childrens-services/>

**24 Hour Hotline: 904-354-3114**

Administration: 904.354-0076

### First Step Batterers' Intervention

904-354-0076 ext. 282

[firststep@hubbardhouse.org](mailto:firststep@hubbardhouse.org)

### Children's Counseling Program

Individual counseling is available for children, ages 3-17, who need additional help dealing with the effects of violence in their lives. This counseling can include the use of children's art and play therapy, which is especially helpful with children who cannot adequately express their emotions in words.

Individual counseling is available to children in shelter or on an outreach basis.

For more information about the emergency shelter please call the 24-hour hotline at 904-354-3114 or 800-500-1119.

### Helping at Risk Kids (HARK)

HARK (Helping at Risk Kids) is a therapeutic intervention and prevention program designed to empower children from abusive homes, consisting of a 12-week course. The children, ages 4-17, are separated into age-appropriate groups. Heavy emphasis is placed on breaking the cycle of violence by teaching anger management, non-violent conflict resolution, and respect for others. The development of individualized safety plans — strategies that each child can use should violence recur in their homes — is

another critical element of the curriculum. Facilitators work closely with the parent to ensure the greatest benefit to the child.

For more information regarding the HARK program and outreach services or to make an appointment for your child please call 904-400-6300.

### **Jewish Family and Community Services**

**Website:** <https://jfcsjax.org/services/counseling-services/>

6261 Dupont Station Court, East

Jacksonville, FL 32217

904-448-1933

Dupont Counseling Group is a team of qualified, licensed mental health counselors, marriage and family therapists and clinical social workers with over 25 years of combined experience. We provide family, individual, couples and group counseling to children and adults.

Dupont Counseling Group serves ALL backgrounds and faiths. Confidentiality is always guaranteed. Most insurance plans accepted.

#### **Specialties Include:**

- Depression/anxiety
- Coping with life transitions
- Grief and loss
- Separation/divorce
- Pre/post adoption
- Parent – Child
- Co-parenting
- Single parenting
- Interfaith relationship counseling
- Pre-marital/relationship counseling
- Gender identity issues
- Coping with chronic/severe illness
- Childhood behavioral issues
- Issues of abuse and neglect (childhood and adult)

#### **Other Services:**

- In-Home Counseling
- Anger Management
- Community Education ( parent workshops and other trainings)

For a FREE 15 minute phone consultation: 904-394-5761 or e-mail [rweinstein@jfcsjax.org](mailto:rweinstein@jfcsjax.org)

## Pace Center for Girls

**Website:** <http://www.pacecenter.org/centers/jacksonville>

2933 University Boulevard North

Jacksonville, FL 32211

904-448-8002

Girls attend PACE to get appropriate counseling and education in a nurturing environment. To become enrolled, they must be between 12 to 18 years old, at least one year behind in school, and have four or more risk factors -- foster home placement, substance abuse (by girl or family member), domestic violence, incarceration of a family member, neglect, physical/emotional/sexual abuse, grief, emotional health concerns, low income, and more.

## Right Path Behavior Health Services

**Website:** <http://www.rightpathbehavior.com/>

**E-mail:** [info@rightpathbehavior.com](mailto:info@rightpathbehavior.com)

435 Clark Rd., Suite 107

Jacksonville, FL 32218

904-765-0665

### Hours of Operation:

Monday - Friday

8am - 5pm

Right Path Behavioral Health, LLC (RPBH) is based in Jacksonville, Florida and is your provider of quality behavioral health services. They believe that all people are able to make positive changes in their lives and build resiliency. They strive to enhance and restore the worth and dignity of all individuals in need of treatment. They provide services to children, adolescents and adults who suffer from mental health and substance abuse along with mental health and substance abuse co-occurring disorders.

### Services We Provide:

- Assessments, Psychiatric Services
- Adult Target Case Management Services
- Individual, Family and Group Therapy
- Medication Management
- Substance Abuse, Counseling
- Substance Abuse Treatment Groups
- Community Support and Rehabilitation Services

## SEDNET 4

**Website:** [http://www.fdlrscrown.org/specialplaces.asp?id=128\[fdlrscrown.org\]](http://www.fdlrscrown.org/specialplaces.asp?id=128[fdlrscrown.org])

904-272-8123

SEDNET is a statewide collaboration whose goal is to link community services for students with emotional and behavioral disabilities.



# Clergy Resources

## Substance Abuse and Mental HEALTH Services Administration (SAMHSA)- “Stronger Together-Faith and Community” Initiative

SAMHSA has actively engaged and supported faith-based and community organizations involved in substance use and mental health services since 1992.

SAMHSA program consist of the following:

- Community Substance Abuse Prevention Partnership Program includes more than 800 faith-based community partners among its grantees
- Block and formula grant program funds are available through the states to countless faith-based organizations that engage people with or at risk for mental health and substance use disorders
- SAMHSA-supported training programs and curricula not only support substance use prevention, addiction treatment, and mental health services education for multi-denominational leaders of the faith community, but also help create integrated, sustainable collaborations at the local level nationwide

For more information please visit: <http://www.samhsa.gov/faith-based-initiatives/about>

### Scriptures to create sermons addressing Mental Illness

- **Psalms 88**
- **Proverbs 23:7**

## Prayers for those living with Mental Illness

### Faith Communities Lift the Issues of Mental Illness

The faith community says to those people  
who suffer from the symptoms of mental illness,  
and to their family members:

*We will walk with you. And God walks with you.  
You will not go through this alone.*

#### Prayer:

O Lord, you have searched us and known us  
You know when we sit down and when we rise up,  
and know our innermost thoughts.  
You search out our paths and know all our ways.  
Before we speak, you know our words.  
When we were knit together in our mother's womb  
You knew us as woman, as child, as man.  
Wherever we go, Your hand will lead us.  
So guide us along the pathways to hope,  
that night becomes bright as day.  
So lead us on our walk together,  
that darkness is lifted from our hearts.  
So encourage us that our sisters and brothers  
Who have mental illness shall know that  
they never walk alone.

Amen

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So lead us on our walk together,  
that darkness is lifted from our hearts.  
So encourage us that our sisters and brothers  
Who have mental illness shall know that  
they never walk alone.

Amen

## **Pathways to Promise-Pathways National Training (PNTI)**

**Website:** <http://www.pathways2promise.org/>

## **United Church of Christ (UCC) Mental Health Network**

**Website:** <http://mhn-ucc.blogspot.com/>

The United Church of Christ Mental Health Network works to reduce stigma and promote the inclusion of people with mental illnesses/brain disorders and their families in the life, leadership and work of congregations.

### **UCC Congregational Toolkit**

You can use these toolkits to educate your congregation about a variety of mental health challenges. Each toolkit contains background information on the brain disorder, handouts, tips for clergy, a list of ways your congregation can help and additional resources you can use to learn more about the particular illnesses.

To download Congregational Toolkits please visit:

<http://mhn-ucc.blogspot.com/p/congregational-toolkits.html>

### **Mental Health Sunday**

The United Church of Christ Mental Health Network invites you to highlight mental health on the third Sunday in May or any Sunday that suits your schedule.

We see Mental Health Sunday as a way for your congregation to begin or to continue to provide education and support to your members around mental health challenges.

To receive more information to starting your own Mental Health Sunday please visit:

<http://mhn-ucc.blogspot.com/p/mental-health-sunday.html>

### **Center for Spirituality, Theology and Health- Duke University**

**Website:** <http://www.spiritualityandhealth.duke.edu/>

The Center for Spirituality, Theology and Health is based in the Center for Aging at Duke University Medical Center and focuses on conducting research, training others to do so, and supporting dialogue and discussion on spirituality, religion, and health as related to public health and clinical practice.