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PATHWAYS to Promise
Connecting Communities of Care

Mental Health Ministries
To erase the stigma of mental illness
A Program of Pathways To Promise

SPOTLIGHT

Spring 2025

Pathways to Promise & Mental Health Ministries

Mental Health Ministries, a program of Pathways to Promise, provides resources to erase the stigma of mental illness in our faith communities and create caring congregations for persons living with mental health challenges and their families.

Mental Health Multifaith Resource Center (MHMRC)

Our Mental Health Multifatih Resource Library is your comprehensive destination for mental health and wellness information. We have meticulously curated this resource center to ensure ease of use and to provide you with the most relevant materials. This library builds upon the outstanding work initiated by Rev. Susan Gregg-Schroeder, who founded Mental Health Ministries in 2001.

Visit the MHMRC

When Rev. Susan Gregg-Schroeder led Mental Health Ministries, she included a brief meditation in each issue of the Spotlight, which she called "Snippets from Susan." With her permission, we will include these occasionally in the Spotlight. Here's the one she wrote for the Spring 2016 issue:

"Snippets from Susan"

By Susan Gregg-Schroeder

I went through a rough time this last fall after titrating off my medications under the supervision of my doctor. I had been in recovery for so many years that we both thought it was worth the try. After several triggers, I found myself back in the shadows of depression. Even though I educate about mental health issues, I personally found it very difficult to reach out for help and support.

While we have come a long way, I experienced again how the stigma and shame associated with mental health challenges are still very real. When we see someone struggling, we may need to take the first step in reaching out in a non-judgmental way. This is one reason why it is important to educate our faith communities that mental illness is a no-fault illness and that hope and recovery are possible. Medications are certainly necessary. But it is relationships and love that heal the soul. Thankfully, I am again doing very well and I am grateful for the support and care that I received.

Spirit God, you know our needs
our wounds
our hurts
our fears
Even before we can form them
into words of prayers.

You are patient with us.
You are protective of us
You are present with us
until such time that we are able
to ask for what we need.
Thank you, Spirit God,
for your healing taking place within
before we are even aware
of how broken we have become.

Explore Upcoming Training Events

***Become a Companion* Workshop**

Wednesday, May 14, 2025, 5-8 pm CT
Register for Become a Companion Here

Community Trainer Training

Wednesday, May 14, 2025, 5-8 pm CT
PLUS Saturday, May 17, 2025,
9am-5pm CT
For more information and to register/apply, click here

Learn More About Training Opportunities Here

Attend *Taste of Companionship*

Taste of Companionship introduces Companionship and provides time for questions and answers, all in about half an hour.

- **Wed., May 12, 12 PM CT, led by Rev. Mark Stephenson, Interim Executive Director and Board President**

(Contact admin@pathways2promise.org for Zoom support.)

Register Here on the Pathways to Promise Homepage

All of the following articles from websites other than pathways2promise.org are intended as a library of resources only. Pathways to Promise receives no financial benefit from these organizations.

APRIL

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for April.

Alcohol Awareness Month

Photo by thom masat on Unsplash

"April is Alcohol Awareness Month, an opportunity to update your knowledge about alcohol use disorder (AUD) and the adverse impact of alcohol misuse on health and society. Alcohol-related problems continue to take a heavy toll on individuals, families, and communities. Researchers estimate that each year there are more than 178,000 alcohol-related deaths, making alcohol a leading preventable cause of death in the United States. In addition, more than 200 disease and injury-related conditions are associated with alcohol misuse."

Read More Here

The Hidden Toll of Alcohol on Mental Health

"It's no secret that alcohol misuse can do a number on our mental health, potentially stirring up issues like depression, anxiety, and mood disorders. Studies show that alcohol misuse and mental health challenges often go hand in hand. About 20-40% of people dealing with anxiety also grapple with alcohol misuse, while depression is similarly linked, affecting 27-40% of those with alcohol issues. The overlaps between alcohol abuse and mental health conditions are inarguable."

Read More Here

Stress Awareness Month

TOGETHER WE CAN

#LeadWithLove

www.stress.org.uk

"Stress Awareness Month is an annual event observed every April since 1992, dedicated to increasing public awareness about the causes and cures of stress. The Stress Management Society, a non-profit organisation established in 2003, has been at the forefront of this initiative for over two decades. Our mission is to help individuals and organisations recognise and reduce stress, fostering a happier, healthier, and more resilient world."

Click here to learn more

Taking Care of Your Mental Health: Tips to Manage Stress

"April is Stress Awareness Month, a time to recognize the impact that stress has on our lives and take steps to manage it effectively. In today's fast-paced world, it's easy to become overwhelmed by the demands of work, family, and other responsibilities. However, ignoring stress can lead to a variety of mental and physical health problems. In this article, we'll explore the importance of taking care of your mental health and provide tips for managing stress."

Read More Here

Passover - Judaism - April 13-20

For Jews Who Struggle with Eating Disorders, Passover is a Monumental Challenge

"For people like me, practicing Jews with disordered eating patterns, holidays and life-cycle events present a mix of complicated emotions. Celebrating a new life, remembering those who have passed, observing the mitzvot of a festival — all of these experiences invariably involve eating with and in front of others.

Whether the behaviors we struggle with involve severe food restriction, scheduled eating and extreme exercise, chaotic eating and purging, or any other combination of practices, every Jewish event presents the inevitable struggle of what to do with food."

Read More Here

World Autism Awareness Day - April 2

"Every April Autism Speaks celebrates World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2. This year marks the 18th annual World Autism Awareness Day.

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism and fostering worldwide support."

Read More Here

Exploring the Mental Health Aspect of Autism: Unlocking the Puzzle

"When discussing autism spectrum disorder (ASD), it is important to differentiate between autism and mental illness. While autism is listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), it is classified as a neurodevelopmental disorder and not a mental illness. Understanding the distinction between the two is essential for a comprehensive understanding of autism."

Read More Here

Baisakhi (Vaisakhi) - Sikh - April 14

"Seeking mental health support can be a challenge, particularly when finding resources that understand and respect your cultural background. SALDEF recognizes this gap and, with the support of The Asian American Foundation (TAAF), has created a comprehensive collection of culturally competent mental health resources designed specifically for the Sikh American community.

These resources, available in both English and Punjabi, aim to:

Address the lack of culturally competent mental health support often faced by the Sikh American community.

Empower individuals to engage in self-care and navigate difficult experiences.

Equip organizations with tools to effectively respond to mental health needs within the Sikh American community."

Read More Here

Easter - Eastern Orthodox, Roman Catholic, and Protestant Christianity - April 20

"Easter is a time of profound significance for Christians worldwide, marking the pinnacle of the Christian faith with the celebration of Jesus Christ's resurrection. It's a season of hope, renewal, and spiritual rebirth. However, for individuals grappling with mental illness, Easter can evoke a range of emotions and challenges that require sensitive and compassionate support. As Christian counselors, it's essential to recognize and address the unique impact that Easter may have on those struggling with mental health issues."

Read More Here

MAY

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for May.

National Mental Health Awareness Month

"Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. For more than 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized Mental Health Awareness Month (MHAM) every May to increase awareness about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support."

Read More Here

National Mental Health Awareness Week - May 12-18

"This year, Mental Health Awareness Week will take place from 12 to 18 May 2025. The theme for 2025 is 'Community', and we want to use Mental Health Awareness Week to celebrate the power and importance of community.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose.

Read More Here

Women's Health Month

Photo by Antonino Visalli on Unsplash

Celebrate Women's History Month by Prioritizing Your Mental Health

"As we celebrate Women's History Month, we want to take time to celebrate the diverse, brilliant women across this nation who keep everything going at home and work, within community organizations and faith institutions, and in every aspect of life. We celebrate the women from our history who have helped to shape us as individuals and as a nation. We hope this note speaks in a positive way to every woman who reads or is served by this message."

Read More Here

Asian American and Pacific Islander Heritage Month

Asian American/Pacific Islander Communities and Mental Health

"It's important to recognize that the term "AAPI" (Asian American / Pacific Islander) encompasses a wide range of countries, ethnicities, nationalities, and identities. Many different communities within AAPI label face their own unique challenges: from the trauma faced by those who survived wars in Laos, Cambodia, and Vietnam; Japanese Americans who remember the internment camps of the WW2 era; or the anxiety felt by the children of first-generation immigrants to reconcile their cultural heritage with American life. The struggles faced by Filipinx Americans vary from the experiences of Indian Americans (not to be confused with Native Americans). Additionally, Native Hawaiians, who are grouped into the category of AAPI as Pacific Islanders, still experience generations of historical trauma from the colonialization of the islands of Hawaii."

Read More Here

Maternal Mental Health Awareness Month

Photo by Trung Nhan Tran on Unsplash

Maternal Mental Health Disorders

"Postpartum depression and postpartum anxiety are the 2 most common perinatal mental health or maternal mental health disorders.

The following provides an overview of maternal mental health disorders (also referred to as perinatal mental health disorders), including postpartum depression. This summary includes maternal mental health statistics, symptoms, and support.

Maternal Mental Health (MMH) disorders include a range of disorders and symptoms, including but not limited to depression, anxiety and psychosis. These disorders and symptoms can occur during pregnancy and/or the postpartum period (together often referred to as the perinatal period)."

Read More Here

What is Maternal Mental Health Awareness Week?

Ethnic Equality Month - "Ethnic Equality Month is celebrated in February every year. It is a period to recognize the similarities all people have, yet acknowledge, appreciate and respect the differences in all of us. So no matter what race you are, or what ethnicity you belong to, everyone is equal and deserves equal rights and equal opportunities. Ethnic Equality Month is a good time to reflect and challenge ourselves, as a group and individually. It brings to light the unfortunate biases that still exist in our society, how far we've come in achieving equality, and what each one of us can do to contribute to something the world should be striving to achieve; social equality and justice."

Read More Here

National Day of Prayer - USA - Interfaith

Photo by Naassom Azevedo on Unsplash

"It's no news that faith is a big part of American culture. It's a diverse nation filled with people from various ethnicities with a variety of beliefs. Americans sure are no stranger to faith, and so it shouldn't be a big surprise that they've decided to create a day that has a theme all about these religious diversities (May 1)."

Read More Here

Saint Dymphna - May 15

Saint Dymphna Patron of Those with a Mental Illness

Saint Dymphna is well known as a patron of people living with mental illness. She was a 7th century Irish princess who fled from her father, who seems to have had a mental illness, and she settled in Geel, Belgium, where she cared for people with mental illnesses. Because she lived so long ago, much of her story is shrouded in the mist of legend, so it is difficult to know with certainty much about Dymphna herself.

However, what is known with certainly is that Saint Dymphna's legacy inspired the people of Geel to show compassion for people who live with mental illness. Over the centuries the people of Geel invited people with a mental illness to live and work in their community without any stigma or discrimination. Throughout the Middle Ages and even today the town of Geel is known as a model for community acceptance of people who live with a mental illness.

Read More Here

Why Do We Pray to St. Dymphna for Our Mental Health?

"MORE and more children are taking Dymphna (also spelled Dympna) as their confirmation name and the saint has exploded in popularity in the last decade – and there is a simple reason why.

St Dymphna is the patron saint of people living with a mental disorder and, all over the world, reports of mental disorders are on the rise.

This is especially true for young people, with the World Health Organisation reporting one in seven people between ages 10 and 19 experience a mental disorder."

Read More Here

International Day Against Homophobia, Transphobia, and Biphobia - May 17

The Power of Communities - IDAHOBIT 2025 Theme Announced!

"Developed through consultations with LGBTQIA+ organisations worldwide, the theme for the International Day Against Homophobia, Transphobia, and Biphobia (IDAHOBIT) 2025 will be "The power of communities." IDAHOBIT is not a centralised campaign, but a shared moment for communities and allies driving change around the world: learn more about how you can access resources to mark the day and ensure your initiative is reflected on the global map of events! "

Read More Here

JUNE

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for June.

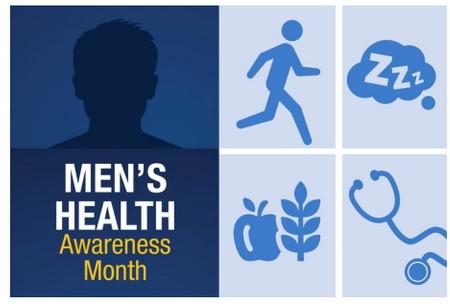
National PTSD Awareness Month

"There are currently about 12 million people in the United States with PTSD.

Even though PTSD treatments work, most people who have PTSD don't get the help they need. June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life."

Read More Here

Men's Health Month



"June marks Men's Health Month, a time dedicated to raising awareness about the health challenges faced by men and encouraging them to take proactive steps toward improving their wellbeing. This month is an opportunity for men to reflect on their health habits, schedule necessary check-ups and make lifestyle changes that can lead to a longer, healthier life.

Dr. Edwin Kornoelje, a primary care physician and sports medicine specialist at

University of Michigan Health-West, recently led a Men's Health Month discussion with journalists and staff at Fox 17 in Grand Rapids. The discussion focused on maintaining an active lifestyle regardless of age, offering practical advice for men in several key areas"

Read More Here

Photo by Toa Heftiba on Unsplash

Men and Mental Health

"Mental disorders affect men and women. The prevalence of several mental disorders is lower in men than in women. However, other disorders are diagnosed at comparable rates for men and women or at higher rates for men, like attention-deficit/hyperactivity disorder (ADHD). Men are also more likely to die by suicide than women, according to the Centers for Disease Control and Prevention .

Certain symptoms may also be more common in men than women, and the course of illness can be affected by a person's sex. Researchers are only now beginning to tease apart the various biological and psychosocial factors that may impact mental health.

Men are less likely to have received mental health treatment than women in the past year. Recognizing the signs that you or someone you love may have a mental disorder is the first step toward getting treatment. The earlier that treatment begins, the more effective it can be."

Read More Here

Pride Month

Pride and Mental Health

"Anti-trans legislation, hate-based crimes, and discrimination shouldn't overshadow Pride, but they can't be ignored. We hope those struggling with their identity or living in unsupportive environments find these resources helpful to living a life of well-being and resilience."

Read More Here

Loving Day - June 12

Photo by Edith Hulcoop on Unsplash

"The "Loving" in Loving Day is actually the last name of Mildred and Richard Loving. The Loving Day Story begins when they were arrested for being married in 1958 because they were an interracial couple living in Virginia.

Their case, Loving v. Virginia (1967), reached the U.S. Supreme Court. Their lawyers argued that laws against interracial marriage came from slavery laws, intended to oppress Black people, and based on white supremacy. Other states had similar laws. Some of these laws applied to people of other races as well.

Nine years after their arrest, the Lovings won their case on June 12th, 1967 (which is why Loving Day is on June 12th). It was more than a victory for their family. It struck down all state laws against interracial marriage in the U.S.

The Lovings' memorable story (and fitting name), are part of a larger and continuing struggle for racial justice. Courtroom history led up to their case. Attitudes and demographics shape our society. Explore more resources beyond those we provide."

Read More Here

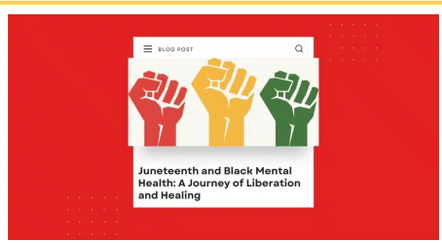
Juneteenth - June 19

Juneteenth and BIPOC Mental Health Awareness Month

"Juneteenth, also known as Freedom Day, commemorates the emancipation of enslaved Black people in the United States. As we honor Juneteenth, we must also acknowledge the ongoing systemic racism and discrimination that Black people and other people of color face in our society. Racism and discrimination have a significant impact on mental health, and it is essential to recognize and address this issue.

That is why The Trevor Project is proud to celebrate Juneteenth, but also start the conversation around BIPOC Mental Health Awareness Month which starts on July 1st. This month-long observance aims to raise awareness of the mental health challenges faced by Black, Indigenous, and People of Color communities and to promote culturally responsive mental health care. The mental health disparities that affect BIPOC individuals are deeply rooted in systemic oppression and discrimination. The communities that make up the BIPOC umbrella face unique challenges and barriers to accessing mental health care, including stigma, cultural barriers, and lack of representation in the mental health field."

Read More Here



Juneteenth and Black Mental Health: A Journey of Liberation and Healing

"As we celebrate and honor Juneteenth, we commemorate a pivotal moment in American history—the emancipation of enslaved African Americans. This day not only marks a significant step towards freedom and justice but also serves as a reminder of the ongoing struggle for equality and the importance of mental health in the Black community. At Hopemark Health, we recognize the profound connection between liberation and mental wellness, and we are committed to supporting the mental health needs of the Black community as we honor Juneteenth"

Read More Here

National PTSD Awareness Day - June 27

PTSD Awareness Day: Talking about a Silent Disorder

"Many people across the globe suffer silently with PTSD (post-traumatic stress disorder). In an effort to educate the public and help those affected, June 27 has been named PTSD Awareness Day. This is a great opportunity to talk with family and friends and learn more about this disorder and how it affects those around us, particularly our service members.

Post-traumatic stress disorder is a mental health disorder that some people develop after experiencing or witnessing a life-threating event. According to the PTSD Foundation of America, an estimated 7.8 percent of Americans will experience PTSD at some point in their lives, while about 30 percent of service members who have spent time in war zones experience PTSD. Typically, only 50 percent of PTSD sufferers seek treatment.

Given that service members are one of the most vulnerable populations when it comes to stress-related illnesses, the American Red Cross has created dedicated services to help military and veteran communities deal with emotional and mental health issues like PTSD. Helping military members cope with everyday stressors or take control of their mental health before, during and after deployment is especially important."

Read More Here

MARK YOUR CALENDARS

April

Month long themes

Sexual Assault Awareness and Prevention Month

Alcohol Awareness Month

Stress Awareness Month

Week long themes

13-20 - Judaism: Passover

13-20 - Eastern Orthodox, Roman Catholic, and Protestant Christianity: Holy Week

20-26 - Volunteer Week

20 - May 1 - Baha'i: Festival of Ridvan

2- World Autism Awareness Day

3 - Yazidi New Year

9 - International Day of Pink

10 - Jain: Mahavir Jayanti

12 - Jehovah's Witnesses: The Memorial of Jesus' Death

13 - Theravadin New Year 3 days ** - Buddhism

14 - Baisakhi (Vaisakhi) - Sikh

20 - Eastern Orthodox, Roman Catholic, and Protestant Christianity: Easter

20 - First Day of Ridvan * - Baha'i

24 - International Girls in ICT Day

28 - Ninth Day of Ridvan * - Baha'i

May

Month long themes

National Mental Health Awareness Month

Women's Health Month

Asian American and Pacific Islander Heritage Month

Maternal Mental Health Awareness Month

Week long themes

10-17 - National Women's Health Week

1 - Beltane *b- Wicca/Neo Pagai

1 - Twelfth Day of Ridvan * - Baha'i

1 - National Day of Prayer - USA - Interfaith

5 - Cinco De Mayo

5 - National Day for Awareness of Missing and Murdered Indigenous Women and Girls

9 - Military Spouse Appreciation Day

11 - Visakha Puja - Buddha Day ** - Buddhism

12 - Vesak

15 - Saint Dymphna - Christian

16 - Lag BaOmer - Jewish

17 - Armed Forces Day

17 - International Day Against Homophobia, Transphobia and Biphobia

23-24 - Yom HaShoah (Holocaust Remembrance Day) - Jewish

22 - Declaration of the Bab * - Baha'i

29 - Ascension of Baha'u'llah * - Baha'i

29 - Ascension Day - Eastern Orthodox, Roman Catholic, and Protestant Christianity

June

Month long themes

National PTSD Awareness Month

Men's Health Month

Pride Month

Week long themes

4-9 - The Hajj - Islam

7-14 Multiracial Heritage Week

9-15 National Men's Health Week

1-3 - Shavuot - Jewish*

9 - St. Columba of Iona - Celtic Christian

12 - Loving Day

16 - Guru Arjan martyrdom - Sikh

19 - Juneteenth

19 - New Church Day - Swedenborgian Christian

20 - Litha Summer Solstice * - Wicca/Neo Pagan

20 - Summer Solstice

21 - International Day of Yoga

21 - First Nations Day - Canadian Native People

24 - Saint John the Baptist - Christian

27 - National PTSD Awareness Day

28 - Stonewall Rebellion

Reminder: All holidays marked with * begin the prior evening.

Also consider the following calendars for other important dates:

2025 Interfaith Calendar

2025 Diversity Calendar

Mental Health Ministries, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental health challenges in our faith communities. Join us in making a difference for those with mental health challenges and those who love and support them.

Click the button below to give a monthly gift of $30 (just $1 a day) or a one-time amount of $120 (which equals just $10 a month) or any amount you choose. You may also send a check to Pathways to Promise at the address below.

Thank you for joining us in supporting mental health needs!

Click here to give now

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