



Holy Trinity Lutheran Church

(North Liberty, Iowa)

We are called to “proclaim God’s love, fight for justice, give care, and change the ways people with mental illness are treated.” The body of Christ is incomplete if people experiencing mental illness—and their caregivers—are not integrated into a visible part of the whole.

(A social message on “The Body of Christ and Mental Illness” adopted by the Church Council of the Evangelical Lutheran Church In America on November 10, 2011)

Mental Health Advocacy Team: Overview

Our faith calls us to support individuals who want to understand how to respond to family, friends, neighbors, or acquaintances who are experiencing mental health issues. In addition, the Mental Health Advocacy Team at Holy Trinity advocates for those who are directly impacted by mental health issues—personally or through close personal relationships. The team does not, however, provide mental health services, such as treatments, therapy, or counseling.

To assist individuals in locating mental health resources, some of these resources are included in this document, grouped into one of the following four categories:

- ❖ About Mental Health (page 1)
- ❖ How to Find Assistance (page 2)
- ❖ Crisis Assistance (page 2)
- ❖ Support Groups and Programs (page 3)
- ❖ Events (page 3)

To learn more about the Mental Health Advocacy Team, click here:

<https://holylutheranchurch.churchcenter.com/groups/unique/mental-health-advocacy-team>

About Mental Health

Mental health relates to our ability to function psychologically, emotionally, and interpersonally. It can affect how we cope with stressful situations, carry out daily activities, and find meaning and enjoyment in life. As opposed to physical health conditions, where we are oftentimes able to observe signs of difficulties (such as coughing or having a leg in a cast), an indication that someone might be experiencing a mental health condition isn't always as easily seen. Symptoms associated with a mental health condition (such as lack of energy or motivation) often make it difficult to reach out for help—as does the fear and shame often resulting from the negative stigma associated with mental illness. Additionally, we sometimes respond to those with a mental health condition differently than those with a physical health condition (e.g., by minimizing that person's experience or distancing ourselves from that person).

The NAMI (National Alliance on Mental Illness) website (<https://nami.org/Home>) contains excellent information for learning more about mental health conditions. In addition to learning about specific conditions (e.g., schizophrenia, PTSD, bipolar, borderline personality disorder, ADHD, OCD, depression, anxiety, eating disorders, suicide, addiction), it contains information about signs and symptoms, treatments, prevalence, and research.



How to Find Assistance

... love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.

(John 13:34b-35 NIV)

Do you know someone who needs help but don't know exactly what kind of assistance is available – let alone how to access it? 211 can assist you by helping to clarify your personal situation and then utilize an extensive up-to-date database to determine the best resource(s) for you. 211 is where you go when you don't know where to turn for help, acting as a single point of contact to thousands of social service programs.

211 is a free, comprehensive information and referral system linking Iowa (and Nebraska) residents to health and human service programs, community services, disaster services and governmental programs. 211 is a one-stop source of information for people looking for services.

United Way of Central Iowa

<https://www.211iowa.org>

Direct: 2-1-1, or 515-246-6555
Toll Free: 2-1-1; or 800-244-7431
Call Hours: Monday – Sunday 24/7
Text: Text your zip code to 898211



Mental Health Crisis?

Help is available 24-7

Crisis Assistance



Johnson County

Crisis Phone|Chat|Text
1-855-325-4296
Mobile Crisis Outreach Program
1-855-800-1239
<https://builtbycommunity.org/crisis/>



Linn County

Crisis Line and Mobile Crisis Outreach
1-800-332-4224
<https://www.foundation2.org>



State of Iowa

Your Life Iowa
Text: (855) 895-8398
Call: (855) 581-8111
Live chat: <https://yourlifeiowa.org/>

Support Groups and Programs

*4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.
5 For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.*

(2 Corinthians 1:4-5 ESV)



National Alliance on Mental Illness

NAMI is the nation's leading grassroots, self help, education, support and advocacy organization dedicated to improving the lives of individuals and families affected by mental illness. There are two local affiliates—NAMI Johnson County and NAMI Linn County.

NAMI Johnson County and NAMI Linn County offer a variety of NAMI Signature Programs and Support Groups for those living with mental illness, as well as their family and friends. All of these programs and support groups are free. A brief description of these opportunities is provided below. For more details regarding these opportunities, please visit the websites for *NAMI Johnson County* <https://namijc.org> or *NAMI Linn County* <https://namilinncounty.org>.

For those living with a mental illness:

NAMI Peer-to-Peer: 8-week class led by trained peers

NAMI Connection Support Group: Weekly support group for adults living with mental illness

For families and friends:

NAMI Family Support Group: Weekly support group designed for adults with loved ones living with mental health conditions. The support group is confidential and individuals can share their concerns and gain support from others about dealing with issues surrounding their loved one.

NAMI Family-to-Family: 6- to 8-week class for family members—experience a sense of belonging and improve coping skills

NAMI Basics: 6-week session for parents and caregivers of children and adolescents (NAMI Basics is available both in person and online through *NAMI Basics OnDemand* <https://www.nami.org/Videos/NAMI-Basics-OnDemand>)

Events

Please visit the “Events” page on Holy Trinity’s website to see upcoming and recent events related to mental health.

<https://www.holytrinitynl.org/events>

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