



**MENTAL HEALTH**  
*friendly* COMMUNITIES  
Building Mental Health Friendly Communities  
...one congregation at a time



# Ten Commitments

The Leaders of this House of Worship have made a commitment to our members and the broader community to become a Mental Health Friendly Community of Faith. We therefore have adopted the following Ten Commitments:

- 1 Commit to Eliminating Mental Health Stigma and Discrimination and Improving Outcomes for Consumers and Family Members in our Faith Community and Beyond
- 2 Develop a Mental Health Ministry
- 3 Host Regular Mental Wellness Support Groups for Our Members and Community
- 4 Host an Annual Mental Health Wellness Training Event and Pass Out the Green Ribbons that Promote Mental Health Awareness
- 5 Will Recognize and Promote Mental Health Awareness Month Each May
- 6 Will Recognize and Promote the National Mental Health Week of Prayer, The First Full Week of October, and the First Tuesday as National Mental Health Awareness Day of Prayer and Participate in Events Sponsored by the County's Mental Health Agency and The Each Mind Matters Campaigns
- 7 Utilize Mental Wellness Friendly, (People First) Language in Our Teaching, Preaching, and Ministries
- 8 Will Dedicate at Least Two Affirming Mental Wellness Messages Annually
- 9 Foster, Cultivate and Develop Collaborative Relationships with Like Minded Organizations Committed to Promoting Mental Wellness in the African-American Community
- 10 Will Incorporate Mental Wellness Training in Church Wide Events, Retreats, and Workshops



## Find Support and Resources

**24-hour Suicide Prevention Number:** 1-800-273-TALK (8255)

*(Press 1 for a dedicated line for veterans and their families.  
For TTY capability, call 1-800-799-4TTY (4889))*

**California Youth Crisis Line:** 1-800-843-5200

**211:** Community Services, Information and Referral Line

**911:** In case of psychiatric emergency

**Each Mind Matters:** [EachMindMatters.org](http://EachMindMatters.org)

**National Alliance on Mental Illness CA:** [NamiCA.org](http://NamiCA.org)

**Mental Health America of California:** [MHAC.org](http://MHAC.org)

**Mental Health Friendly Communities:**

[TriCitiesCDC.com/?page\\_id=10](http://TriCitiesCDC.com/?page_id=10)

**Mental Health Ministries:** [MentalHealthMinistries.net](http://MentalHealthMinistries.net)

**African-American Providers Directory:**

[http://www.aahi-sbc.org/uploads/  
African\\_Am\\_CRDP\\_MHDirectoryFINAL.pdf](http://www.aahi-sbc.org/uploads/African_Am_CRDP_MHDirectoryFINAL.pdf)



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).