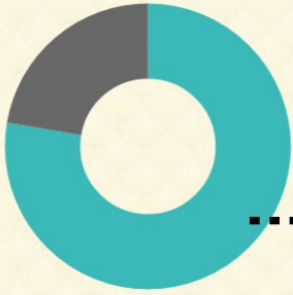


# Religion & Spirituality

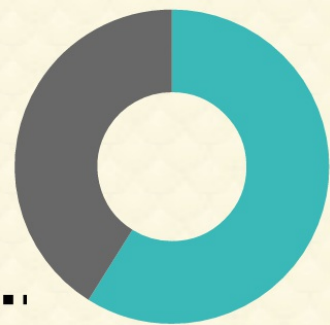
## Facts for Providers



**77%** of individuals with psychiatric disabilities consider going to a church, synagogue, or other place of worship to be important.

**58%**

of those individuals report engaging in religious activities less often than they'd like to



### WAYS TO HELP



Offer to work with the individual and religious leaders to increase their knowledge of mental health conditions to decrease the potential for stigma and/or discrimination

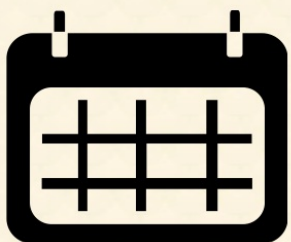


Reach out to local religious organizations to either provide trainings or help them become aware of resources that exist



Short informational videos can work within busy schedules while providing information that can be used to support and include people with mental health condition

### Develop a Support Plan



Create an individualized support plan with the consumer to identify strategies that would help him/her successfully engage with the congregation of choice

### Act as a Liason

Going with the consumer may help reduce anxiety and allows the provider to better understand the role a religious organization has in the consumer's life

### Identify Groups Within

Ask about various activities the consumer could be involved with at a religious organization, some may even be geared towards new members

### Gather Natural Supports



Natural supports like friends, family, neighbors can help one to develop a sense of social belonging, dignity and self esteem

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Pathways to Promise. [www.pathways2promise.org](http://www.pathways2promise.org). Accessed March 24, 2015.

Mental Health Ministries. <http://www.mentalhealthministries.net/>. Accessed March 24, 2015.

TU Collaborative Staff. Natural Supports: Developing a Personal Support System.

TU Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities.

[http://tucollaborative.org/pdfs/Toolkits\\_Monographs\\_Guidebooks/relationships\\_family\\_friends\\_intimacy/Natural\\_Supports.pdf](http://tucollaborative.org/pdfs/Toolkits_Monographs_Guidebooks/relationships_family_friends_intimacy/Natural_Supports.pdf). Accessed March 24, 2015

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Developing Welcoming Religious Communities: Inspiring Examples of Faith-Based Initiatives to Help Individuals with Mental Health Conditions Participate Fully in the Life of Religious Congregations. TU Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities. March 24, 2015.

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