

# St. Luke Adult Mental Health Support Groups

~Part of our new Mental Health Ministry, sponsored by the Justice and Outreach Commission~



*"For so many people with mental illness, what would be most therapeutic in their lives would be relationships and friendships."* ~Dorothy Coughlin, the Archdiocese of Portland's director of the Office for People with Disabilities

**St. Luke wants to provide a safe, supportive space for individuals in our community who are experiencing mental illness or have a family member or friend living with mental illness.**

## **Did you know?**

The National Institute of Mental Health estimates that one in four Americans has a brain disorder. That means roughly 25% of parishioners struggle with this issue.

## **What is a Mental Health Support Group?**

We are offering a monthly support group, open to parishioners experiencing mental illness or caregivers of individuals experiencing mental illness. Our goal is to ensure that no parishioner feels alone in his or her struggle with mental illness. Hearing each other's stories can be a liberating and welcome break in the silence that often surrounds mental illness/brain disorders. This is the place to speak out and be heard in a safe, non-judgmental environment, where isolation and stigma dissipate as supportive community is created.

## **What Will You Gain?**

You'll gain the experience of prayer, supportive relationships, discovering your inner strengths and learning how to identify local resources that can offer additional support if needed.

**Groups will be held one Sunday a month, beginning January 2016. Stay tuned for further details on dates and times.**

For more information or if you are interested in signing up please contact:

**Ana Short;** (206) 359-5283, [anashort@hotmail.com](mailto:anashort@hotmail.com) or

**Colleen Bell;** (425) 308-8152 [colleenstarkbell@comcast.net](mailto:colleenstarkbell@comcast.net)