

Mental Wellbeing Signposting & Support



**Produced by Thrive –
The Mental Wellbeing Mission Priority**

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Introduction

We were invited to form a group to look at the Mission Priority of Mental Wellbeing which we have called Thrive. When we started as Thrive and decided to conduct a baseline survey, we were not sure what conclusion we would come to. The results of the survey and our discussions with other groups have shown us that the **church as a whole** supports people experiencing mental health issues. This is through prayer ministry, natural friendships, cell groups and prayer triplets.

We now understand that the role of Thrive is to support the whole church and equip us all to do this even better! Here's a booklet and a resource kit to help you. If you need any more resources, please email;

thrive@stjamesbythepark.org



Health, wellbeing and interest

Having an active and full life can have a significant effect on your general health and wellbeing. Here are some examples of things going on in the Southampton area. What are you interested in?

Healthy lifestyle

- Healthy lifestyle club – Creative Options <https://creative-options.weebly.com/>
- Wellbeing - Creative Options <https://creative-options.weebly.com/>
- Mindfulness sessions - Creative Options <https://creative-options.weebly.com/>
- Tai Chi - Creative Options <https://creative-options.weebly.com/>
- Other activities such as horse riding, canoeing, rock climbing, archery, badminton, aqua fit Creative Options <https://creative-options.weebly.com/>
- British Military Fitness – Southampton Common.
See <https://www.bemilitaryfit.com/southampton-southampton-common> for class timetable and meeting location

Walking

- SatNav ladies – contact Carol Hayward carolhayward60@gmail.com
- Men in boots – contact Nigel Reichelt gryphaea@gmail.com
- Common walk – moderate/brisk pace around Southampton Common. Meet at the Hawthorns Centre: Monday's 10am, Tuesday's 2pm and/or Thursday's 10.30am
- Other walks - <https://www.walkingforhealth.org.uk/walkfinder/south-east/myjourney-health-walks>

Dancing

- Ceroc – Modern Jive
 - Tuesday – The Engine Rooms, Southampton
 - Wednesday – Revolution Bar, Southampton
- Dance yourself dizzy – Modern Jive
 - Thursday – Minstead Hall, Minstead
- Richer Moves – Modern Jive
 - Monday – Crosfield Hall, Romsey
 - Wednesday – Royal British Legion, Romsey

Running

- St James Runners - Wednesday 7.30pm 8.30pm. Meet at St James Park, Park Life café
- Park run – Saturday 9.00am, Southampton Common

Babies and toddlers

- The Ark - Parent and Toddler group at the St. James' Church, St James Road, on Fridays
- The Hoop app - Up-to-date information about things happening in your area for children in different age categories. <https://hoop.co.uk/>

Music

- School of Worship to learn an instrument and have music lessons. Chris Taylor, chris.taylor@stjamesbythepark.org.
- Rock choir - Community choir. T : 01252 714 276.
W : <https://www.rockchoir.com/>
- Music appreciation – Creative Options <https://creative-options.weebly.com/>
- SoCo mental health music project – 1.30 – 3.30 on Tuesdays at the Pavilion in Hoglands Park

Creative writing

- Creative writing club - Creative Options <https://creative-options.weebly.com/>

Cookery classes

- Cookery classes – Creative Options <https://creative-options.weebly.com/>

Arts and crafts

- Make and Brew - Decopatch crafts on a daily basis and other craft workshops. <https://www.makeandbrew.co.uk/>
- Encaustic art - Creative Options <https://creative-options.weebly.com/>
- Pottery classes - Creative Options <https://creative-options.weebly.com/>
- Quick craft - Creative Options <https://creative-options.weebly.com/>
- Valentines crafts and gifts - Creative Options <https://creative-options.weebly.com/>
- Jewellery making - Creative Options <https://creative-options.weebly.com/>
- Paper crafts - Creative Options <https://creative-options.weebly.com/>
- Photography and computer club - Creative Options <https://creative-options.weebly.com/>
- Creative Expressions art club - Creative Options <https://creative-options.weebly.com/>

Floristry

- St James by the Park flowers - contact Lois Popperstone lois.popplestone@gmail.com
- Seasonal floristry - Creative Options <https://creative-options.weebly.com/>

Environment

- Litter Pickers – contact Sally Ketteringham – - sally.kett@btinternet.com
07747854456
- Green Space group – looking after the green space opposite the graveyard – contact David Glenn
- Friends of St James by the Park – contact Jo Clements - sotjsc@gmail.com
- Shirley Warren Community Garden (Shirley Warren Action Church, Warren Crescent) —join with others for garden club on a Friday
- Hilliers Gardening Club <https://www.hillier.co.uk/garden-centres/gardening-club/>
- The Conservation Volunteers (TCV) - The Conservation Volunteers is a community volunteering charity that works to create healthier and happier communities for everyone through environmental conservation and practical tasks undertaken by volunteers. :

T: 02380 402593

E : gg-southampton@tcv.org.uk

W : <https://www.tcv.org.uk/>

This list is by no means exhaustive, it's just to give you a flavour of the sorts of things out there. There is loads more going on in Southampton and Shirley once you start looking!

If you are interested in joining a class/activity but don't want to go alone, maybe invite a friend to go along with you?

If you know someone that would benefit from something from the list above, or anything else you know about or go to, invite them to go along with you.

Support services

Primary Care

Access specialist mental health services through normal GP route.

999

If you or someone you know experiences an acute life-threatening mental health emergency.

111

You or someone you know requires urgent care, but it is not life-threatening. For example:

- if you have an existing mental health problem and your symptoms get worse
- if you experience a mental health problem for the first time
- if someone has self-harmed but it does not appear to be life-threatening, or is talking about wanting to self-harm
- if a person shows signs of onset dementia

Samaritans

For everyone: T : 116 123

talk

italk provides treatment and support for people with depression and anxiety disorders.

T : 0800 612 7000 (for self referrals).

Steps2Wellbeing

Free, confidential, NHS service for people aged 18+ who are registered at either a Dorset or Southampton GP surgery. Range of treatments for people experiencing mild to moderate depression and anxiety disorders.

- W : <http://www.steps2wellbeing.co.uk/>
- E : dhc.sstw@nhs.net

Mind and Soul Foundation

Online resource that explores Christianity and mental health.

W : <https://www.mindandsoulfoundation.org/>

Creative Options

Member-led, community based service operating in Southampton offering support, mentoring training and opportunities to people with mental health issues, their carers, relatives and friends.

W: <https://creative-options.weebly.com/>

Solent Mind

Peer support – led by trained volunteers who have all experienced mental health issues. This means you are able to talk openly and honestly with people who truly understand. Although there is no expectation to talk about your own mental health experiences, everything said within the group is kept strictly confidential

T : 02380 208920

W : SidebySide@Solentmind.org.uk

Mind

Offers resources online for various mental health issues.

W: <https://www.mind.org.uk/>

Phone: 03001233393 Text: 86463

Tree of Life Café

Enjoy an informal relaxed space where you can be alone, or with others. If you choose there is space to talk, explore wellbeing, or simply sit peacefully.

Monday 3 – 5pm – Caffè Nero, Romsey

Wednesday 3 – 5pm – Caffè Nero, Winchester

The Recovery College

We offer courses designed to increase your knowledge and skills about recovery and self management of your mental health.

W: <http://www.southernhealth.nhs.uk/health-and-wellbeing/recovery/college/>

T : 023 8231 0262

Substance Misuse Team

The team provide a care management service and specialist interventions such as substitute prescribing detoxification and counselling.

T : 02380 717171

W : southampton@cgl.org.uk

The Red Lipstick Foundation

Offers services to families in Hampshire who have been bereaved by suicide or immediate family members following a person's sudden death.

W : <http://www.theredlipstickfoundation.org/>

E : theredlipstickfoundation@gmail.com

Domestic Abuse

There is a 24-hr advice line for anyone wanting advice on domestic abuse:

T : 02380 637550

ACC (association of Christian counsellors)

Specific Christian counsellors

W : <https://acc-uk.org/>

The Stroke Association

A range of support services and groups, an online stroke support tool, and a dedicated helpline.

T : Stroke Helpline - **0303 3033 100**

E : helpline@stroke.org.uk

W : <https://www.stroke.org.uk/finding-support/support-services> (Finding support in your area)

Mental Health Crisis Lounge – for adults

The Crisis Lounge is a service for adults who experience a crisis with their mental health, based at Antelope House.

Campaign Against Living Miserably (CALM) – for men

T : 0800 58 58 58 – 5pm to midnight every day

W : <https://www.thecalmzone.net/help/webchat/>

ChildLine – for children and young people under 19

T : 0800 1111

No Limits – for people under 26

Free and confidential information, advice, counselling, support and advocacy for children and young people under 26 who live in Southampton and Hampshire.

T : 02380 224 224

W : <https://nolimitshelp.org.uk/>

E : enquiries@nolimitshelp.org.uk

Papyrus – for people under 35

Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm

T : 0800 068 41 41 (call)

T : 07786 209697 (text)

E : pat@papyrus-uk.org

The Silver Line – for older people

Free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

T : 0800 4 70 80 90

Other support groups

Drop-in - coffee, crafts and friendship and badminton at Portswood Evangelical Church, Portswood Road, 10.30 a.m.—12.30 p.m.

St. Denys Activities Group—SDAG—Priory Road, Thursdays 11 a.m.—2.30 p.m.at the New Testament Church of God

STePs Carers group - St. James Road Methodist Church - 4th Thursday in every month from 6.30—8.30 p.m.

Men's group - social and support group for men, occasional outings & social trips – Fridays - see Creative Options Jan – Mar 2019 programme

Fresh Start from Christians Against Poverty (CAP) - Group support to help people find freedom from life controlling habits like smoking, gambling or drinking.

T : 01274 760580

E : churchpartnership@capuk.org

W : <https://capuk.org/get-involved/your-church/partner-with-cap/fresh-start>

Other resources

Passages/verses

Isaiah 61: 1 – 3

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord’s favour, and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, The oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendour.” NIV

Philippians 4:6-7

“Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.” The Message

Psalms 55:22

“Pile your troubles on God’s shoulders – he’ll carry your load, he’ll help you out. He’ll never let good people topple into ruin. But you, God, will throw the others into a muddy bog. Cut the lifespan of assassins and traitors in half. And I trust in you.” The Message

Plus:

- Psalm 121
- Psalm 40
- Psalm 42
- Psalm 43
- Luke 8

Songs

Be still for the presence of the Lord

40 by U2

Guardian, Worship Central

My Lighthouse, Rend Collective

Books

- Freed From Shame: Addressing the Stigma of Mental Illness in the Church by Dawn Holmes. <https://freedfromshame.co.uk/>
- Honourably Wounded: Stress Among Christian Workers by Marjory F Foyle
- God on Mute: Engaging the Silence of Unanswered Prayer by Pete Greig
- Mad, Bad and Sad by Lisa Appignanesi
- YouVersion - Bible app

Meditation and mindfulness

- Calm - Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep - <https://www.calm.com/>
- Headspace – mindfulness - <https://www.headspace.com/>
- Smiling Mind – mindfulness <https://www.smilingmind.com.au/>
- Abide - Christian meditation app - <https://abide.co/>
- Reflect – Christian reflections and meditations - https://play.google.com/store/apps/details?id=mycompany.christianmeditation&hl=en_GB
- Soultime - <https://www.soultime.com/>
- Christian mindfulness - <https://christianmindfulness.co.uk/>

Guidance for leaders and groups

Mentally healthy language

The World Health Organisation defines Mental Health as:

“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Mental health

“People with mental health problems” - A broad definition used by a range of agencies. Emphasises and acknowledges that the person is a person first, not a psychiatric diagnosis, and that many people experience mental distress, and this may be a “problem”, not necessarily an illness.

“People with experience of mental and emotional distress” - An even broader definition than above that aims to be as inclusive as possible and focuses on the experience itself rather than using the concept of “problem” as a label.

“People with a mental illness” - This is a narrower definition and is often used by psychological and psychiatric services. By placing the emphasis on the term “illness”, it acknowledges the need for medical treatment.

Suggested options for Sunday morning – responding for prayer etc:

- “If you want to get some prayer for a mental or physical health issue...”
- “If you want to get some prayer and support for an emotional or physical health issue...”
- “If you’ve experienced or are experiencing distress and want some prayer to support you through that...”
- “If you’re finding life stressful, frustrating or distressing, we’d love to pray with you...”

Consider explaining how we are all on a spectrum in regard to our body and how healthy it is previously, now and in the future. It’s the same with our mind, we are all at different points in how well we are coping with life currently.

Suicide

The terms and phrases used when talking about suicide as a topic are important. Inappropriate or careless use of language can perpetuate stigma or sensationalise a death, while careful use can help increase understanding, and minimise distress to bereaved family members and friends. With this in mind, Samaritans recommends:

Phrases to use:

- A suicide
- Take one's own life
- Person at risk of suicide
- Die by/death by suicide
- Suicide attempt
- A completed suicide

Any coverage of suicide from the front of church or within communications should bear in mind:

- Leave out technical details about any method of suicide
- Avoid using the phrase 'commit' suicide as it implies it's a crime
- Never suggest that a method is quick, easy, painless or certain to result in death
- Include references to support groups and places where suicidal people can find help – it really does make a difference
- Treat social media with particular caution and refrain from mentioning websites or networks that promote or glamorise suicide
- Young people are especially vulnerable to negative suicide coverage. Do not give undue prominence to photographs of a young person who has died and avoid repeated use of images such as galleries.
- Don't brush over the complex realities of suicide and its impact on those left behind. Remember that people bereaved by suicide are often vulnerable and are more likely to take their own lives than the general population.
- Speculation about the 'trigger' for a suicide, even if provided by a close family member, should be avoided.
- Use statistics with caution. Check with Samaritans or the relevant national statistical agency to make sure you have the most recent data and are comparing like with like.

SafeTALK ½ day training : http://www.prevent-suicide.org.uk/safetalk_suicide_alertness_training_course.html

What can we do?

As a church we need to be creating an atmosphere in which people are able to grow and develop their own mental wellbeing.

Below are some of the ways that people can be aware and support good mental wellbeing within our church. These are a few examples, but there are many more. Hopefully these will help us as a church create an atmosphere in which people feel supported and open to express their true feelings.

Church leaders/ Meeting leaders

- Modelling of openness and honesty
- Giving permission to be on a journey and still not 'sorted'
- Develop a theology of mental health
- Support the developing programme around mental health – mental health to be added to the listing of topics to be covered regularly from the front
- Awareness and training for confidence.

Pastoral leaders

- Make escalation process clear
- Encourage mission groups, cells and smaller groups to explore mental wellbeing
- Encourage things such as mentoring and prayer triplets which support mental health..

Welcomers

- Noticing, and looking out for people – early leavers? Encouragement to engage more.

Cell/missional groups

- More on groups giving cameo introductions to their groups and the benefits of being part.

Prayer ministry

- Additional training/encouragement specific to mental health
- Background music at right level can be helpful **Youth**
- Youth/young people – talking about this – all ages

Communication

- Be aware of website signposting
- Mention and promote the culture we are looking to build

General

- Take a holistic approach to community + health
- Take notice of people and look out for people
- Give people permission to be still on the journey/to not be 'sorted'
- Address the 'Fear factor'
- Encourage and validate experiences
- Model openness and honesty at all levels including those leading/teaching at the front
- Create a stronger sense of family within the church
- Play quieter music before and after church to allow people to hear conversations
- Make escalation / sign posting routes clear
- Create online support group – peer support
- Provide formal mental health training in church and cells
- Run regular seminars and teaching around mental health
- Ensure that mental wellbeing is being integrated into all we do.

If you are looking for individual support use one of the resources in this book.

If you're in acute distress please call 111 or 999.

mission priority: mental wellbeing

