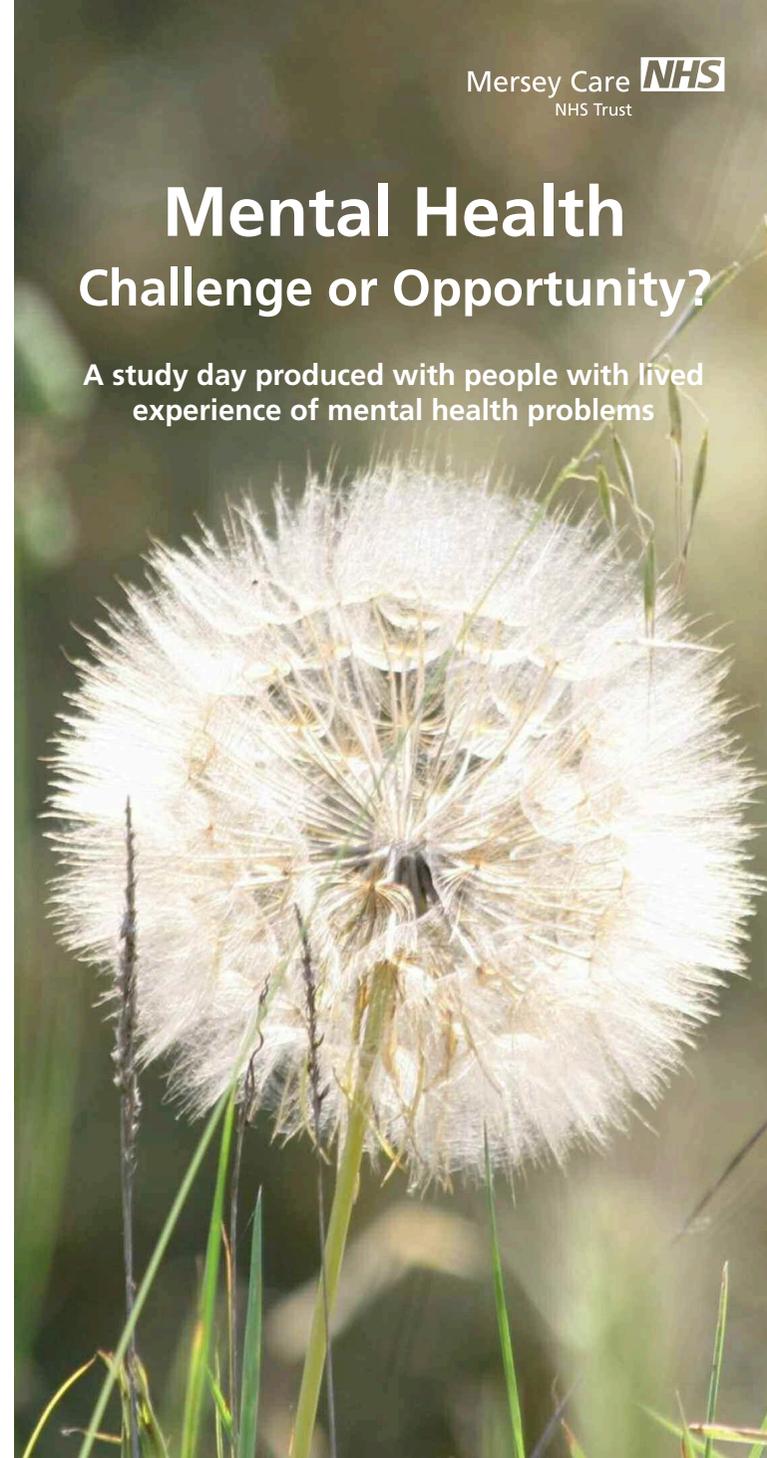


Mental Health Challenge or Opportunity?

A study day produced with people with lived experience of mental health problems



An introduction to
mental health issues in church life

Aims of the study day

1. To reduce isolation, stigma and discrimination.
2. To contribute to churches' understanding of distress and mental illness and of ways in which we can improve mental health and well-being.
3. To increase the capacity of churches to support and value people with mental health problems.
4. To identify and draw on best practice.

Outline of the study day

■ Tea, coffee and welcome

- Overcoming stigma
- What is mental ill health?
- Approaches to treatment

■ Tea and coffee

- What do mental health services offer?
- How can they be accessed?

■ Lunch break. Bring your own lunch!

- The call to compassion
- Resources and examples of good practice

■ Tea and coffee

- Exploring our response
- Action planning in groups

There will be an opportunity to talk to the leaders afterwards.

Dates and venues

Each one-day study day normally takes place on a Saturday from 9.00 am to 4.00 pm. They are similar in content.

Please contact us if you cannot get a place on your chosen study day.

We planning to run the study day around Liverpool. If you would like to host a study day (in return for a number of free places) or would like to discuss a tailor-made day, please let us know.

Cost

The usual cost is £30 with concessions (see below). Individual courses may be offered at different prices. Please see flyers.

Please send a cheque payable to "Mersey Care NHS Trust" or cash together with your application form.

Concessions

If the cost of the course would be prohibitive for you, please phone 0151 471 2608 or email julian.raffay@merseycare.nhs.uk

We may be able to offer a limited number of free places on some courses.

Older Adults: Challenge or Opportunity?

If you would like to find out more about other training that we offer, please get in touch!

Application form

I would like to attend a study day on the following dates

1st choice _____ 2nd choice _____

Please tick the boxes on the right below to let us know how you would like us to contact you.

Name _____

Address _____

Town/Postcode _____

Phone _____

Mobile _____

Email _____

_____ Special needs (optional)

Data Protection

Your details will be held on computer for use by Mersey Care Chaplains. This information will be held in accordance with the Data Protection Act (1998). You may ask to have your details removed from our lists at any time. Your details will only be used for this and similar courses. Please tick this box if you would prefer us not to share your details with other participants .

Please return this form with a cheque payable to "Mersey Care NHS Trust" or cash to

Megan Taylor
Mersey Care NHS Trust
Evered Avenue
Liverpool
L9 2AF

Email: megan.taylor@merseycare.nhs.uk

Participants' quotes

- *"The quality of the presenters was excellent and quite inspiring to have people with so much knowledge."*
- *"A very informative session. I knew nothing/very little when I arrived, going away better informed."*
- *"An opportunity to look at a topic we may rather avoid, but which makes for a better church when engaged with."*
- *"An interesting and challenging day which has provided me with resources to do inclusive practice as well as giving me informed ideas to focus on."*

Who the study day is for

We have aimed this day at members of a church or other faith community. It is open to any interested person. It is likely to be of particular interest to the following:

- Church/faith community leaders
- Pastoral workers and similar
- People with mental health problems and those who give them support or care.
- Those who run groups that may be relevant to people with mental health problems
- Anyone with an interest in the welfare of people with mental health problems.

The day will include discussion in groups.

If have any special needs or have any other concerns, please either phone 0151 471 2608 or e-mail julian.raffay@merseycare.nhs.uk



Study Day

This study day is provided by Mersey Care NHS Trust in collaboration with the Diocese of Liverpool's Mental Health Network. It has been co-produced with people with lived experience of mental health problems.

Evaluated and award winning

This study day has been subject to academic evaluation. It has received an innovation award from Mersey Care.

Authors

Emily Wood M Med Sci RNMH is a qualified Mental Health Nurse. She is researching EMDR (eye movement desensitization and reprocessing) treatment for depression with Sheffield University.

Rev Julian Raffay BSc BA MTh is Specialist Chaplain (Research, Education and Development) with Mersey Care NHS Trust. He has published research into spiritual care and is developing co-production methods in chaplaincy.

Confidentiality

We will consider discussions taking place during the day as confidential to those present.

Only in exceptional circumstances will we share confidences with appropriate authorities.

Website

Type "Mersey Care spirit" into a search engine. This site is about to be redeveloped.