

FROM DARKNESS INTO LIGHT



In response to God's call we have launched the

Mental Health Awareness Ministry (MHAM).

Our Goals:

- Increase Awareness of Mental Health Issues*
- Provide a Link to External Resources*
- Develop a Ministry of Presence*
- Provide Advocacy Relative to Mental Health Issues*

The Mental Health Awareness Ministry Team would like to thank the VUMC staff and the entire congregation for your support and prayers as we continue to seek and respond to God's will for this important ministry. We encourage your participation at any level, as God leads. For additional information please feel free to contact the church office.

DID YOU KNOW? -

- 1 in 4 adults experience a mental health disorder in a given year
- About 1 in 17 live with a serious mental illness
- 1 in 5 children experience a diagnosable mental, emotional or behavioral disorder

THE FAITH COMMUNITY CAN HELP BY

INCREASING AWARENESS

- Identify Resources
(Organizational and Personal)
- Access and Participate in Educational Opportunities

Sponsor Training for Families with Needs

Begin a Dialogue at VUMC

Expand the Dialogue to the Faith Based Community in Versailles

INCREASING OUR COMPASSION AND SUPPORT

Represent God's Grace, Love and Acceptance

See the Individual First, Not the Illness

Provide Support to Families Dealing with these Issues

Learn How to Help Effectively

AN INVITATION

We openly invite any and all persons with a need or a passion for this ministry to join us in God's ministry to our brothers, sisters, neighbors and friends that are challenged by a mental illness.

Please feel free to contact the church office for more information. Someone from our Ministry Team will contact you to provide more detailed information about what God is doing with this ministry at VUMC.



Community Mental Health Support Group

The Community Mental Health Support Group meets at 6:30 PM the second Tuesday of each month at Daisy Hill Senior Living Community on Crossfield Drive, Versailles, Ky. This "peer-led" support group is available at no cost. The group offers support to family members, caregivers and loved ones of individuals with mental illness, such as anxiety, Alzheimer's, AD/HD, depression, bipolar disorder or schizophrenia. We offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. For information contact John at 859.519.0725.

PRAYER AND CARE LIFE GROUP



**2nd and 4th Thursday of each month,
6:30 pm to 8:00 pm**

**Administration Building Conference Room,
Versailles United Methodist Church**

This faith-based life group is for family members and friends of those living with mental health challenges. Group members find faith and Christian love to be essential aids in dealing with mental illness. They minister through caring, listening and prayer in a confidential setting. This group is open to people of all faiths as well as those who do not affiliate with a formal religion. Please contact the Church office at 859-873-4304 to verify meeting time and location.

