



APPENDIX A

KEY TERMS AND DEFINITIONS

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The following list of terms and definitions represents our best efforts to use thoughtful, precise, and empowering language when we speak and write about mental health. Readers familiar with the previous version of *The Sanctuary Course* may notice that we have updated some of our terminology. These changes reflect our commitment to listen to the broader cultural conversation around mental health, and to acknowledge the ways that language changes and evolves—particularly when it comes to mental health. Given the constant evolution of language, we also recognize that this list of terms and definitions is subject to change.

<i>lived experience</i>	the personal experience of living with a mental health challenge or SMI
<i>mental disorder</i>	the technical term for a particular type of mental illness
<i>mental health</i>	mental health refers to emotional, psychological, and social wellbeing; mental health is not determined by the presence or absence of mental illness, and it is dynamic in nature (i.e. subjective experiences of wellbeing change over time)
<i>mental health challenge</i>	a term that describes mild to moderate experiences or symptoms of poor mental health, regardless of the presence or absence of mental illness; the term may not be appropriate when referring to SMI
<i>mental illnesses</i>	mental illnesses affect emotions, thoughts, and behaviors; they are formally diagnosed based on the nature, degree, and longevity of impairment experienced
<i>mental wellbeing</i>	the terms mental wellbeing and mental health are often used synonymously; mental wellbeing refers to high levels of positive emotional, psychological, and social functioning



recovery

recovery is a dynamic and self-directed journey towards a meaningful life; it emphasizes the development of assets rather than symptom reduction

severe mental illnesses (SMIs)

SMIs are mental disorders resulting in acute functional impairment

wellbeing

wellbeing in its broadest sense encompasses objective and subjective indicators of health and happiness, including physical health, income, housing, access to education, and the psychological resources and skills that enable people to feel good and function well in life



APPENDIX B

ADDITIONAL MENTAL HEALTH RESOURCES

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Sanctuary Mental Health Ministries is a Canadian charity with offices in North America and the UK. The list of resources contained in this appendix reflects our history, partnerships, and location as an organization, and is by no means exhaustive. If you are looking for local mental health services or information in another language, we encourage you to search online or reach out to your local churches and health care providers for referrals and additional resources.

EMERGENCY RESOURCES

If a critical situation arises, attend your nearest hospital emergency department or call your local emergency number.

Australia:	000
Canada:	911
European Union:	112
New Zealand:	111
United Kingdom:	999
United States:	911

CRISIS LINES

If you are considering suicide or are concerned about someone who may be, crisis lines are free, anonymous, confidential, and available 24/7.

Australia:	13 11 14 (Lifeline)
Canada:	1-800-784-2433/1-800-SUICIDE (British Columbia) 1-833-456-4566 (Crisis Services Canada)
New Zealand:	1737 (National Mental Health and Addictions Helpline) 0800-543-354 (Lifeline Aotearoa)
United Kingdom:	116 123 (Samaritans)
United States:	1-800-273-8255 (National Suicide Prevention Lifeline) 988 (National Suicide Prevention Lifeline three-digit dialing code, operational in July 2022)



GENERAL INFORMATION

The content of the websites listed below reflects the views of their respective organizations and does not always represent the views of Sanctuary. Be advised that some content may address topics such as suicide, eating disorders, and sexual assault. We recommend that you review these resources before deciding to engage with them more deeply.

World Health Organization: [who.int/mental_health/en](https://www.who.int/mental_health/en)

Beyond Blue: beyondblue.org.au

Beyond Blue is an Australian organization that works to raise awareness, prevent suicide, reduce stigma, and encourage support-seeking. Their site offers information on anxiety and depression, mental health resources, a crisis line, and other tools.

The Canadian Mental Health Association (CMHA): cmha.ca

The CMHA is a national collective of organizations working together to advocate for mental health policies, promote mental wellbeing, prevent suicide, support youth and first responders, and conduct vital community research. Their site provides general information and links to local mental health services.

headspace: headspace.org.au

headspace is an Australian mental health foundation that helps young people access vital support through online and phone counseling services, vocational services, and school programs.

Head to Health: headtohealth.gov.au

Head to Health provides a directory of digital mental health services from some of Australia's most trusted mental health organizations. The site brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

Here to Help: heretohelp.bc.ca

This Canadian organization provides help for individuals, families, and professionals. Their site offers mental health and substance use information, along with self-screening tools, fact sheets, general resources, and quick links.



The Lowdown: thelowdown.co.nz

The Lowdown is dedicated to helping young New Zealanders recognize and understand experiences of depression and anxiety. The site includes helpful information, stories of lived experience, tools to promote mental wellbeing, and information on where to get help.

Mental Health America (MHA): mhanational.org

MHA is a community-based nonprofit dedicated to promoting mental wellbeing and addressing the needs of those living with mental health challenges.

Mental Health Foundation (NZ): mentalhealth.org.nz

The Mental Health Foundation of New Zealand is a charity that works towards creating a society free from discrimination, where all people enjoy positive mental health and wellbeing. Their site offers tools to support wellbeing, information for caregivers and people living with mental health challenges, and suicide prevention resources.

Mental Health Foundation (UK): mentalhealth.org.uk

The Mental Health Foundation emphasizes public mental health approaches to prevention by developing and implementing community and peer programs, engaging in research and advocacy, and running Mental Health Awareness Week in the UK. This organization also offers information and resources addressing the cultural dimensions of mental health. If you are looking for BIPOC mental health resources in the UK, this is a good place to start: mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities

Mind: mind.org.uk

Mind provides advice and support to people experiencing mental health challenges. Their site includes an infoline, a legal line, and extensive information on mental health challenges. This organization also offers information and resources addressing the impact of racism on mental health. If you are looking for BIPOC mental health resources in the UK, this is a good place to start:

mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/

MindHealthBC: mindhealthbc.ca

MindHealthBC offers online screening tools, as well as a detailed directory that includes mental health and substance use information, self-help resources and online programs, links to local support groups, and information on community health services available in BC.



Ministry of Health: health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services

The New Zealand Ministry of Health site provides instructions for emergencies, a list of national helplines, and information on accessing mental health services.

National Alliance on Mental Illness (NAMI): nami.org/home

NAMI is the largest grassroots mental health organization operating in the US. Their network of more than 600 affiliates and 48 state organizations works to raise awareness and provide support and education in local communities. This organization also offers information and resources addressing the cultural dimensions of mental health. If you are looking for BIPOC mental health resources in North America, this is a good place to start: nami.org/Your-Journey/Identity-and-Cultural-Dimensions

NAMI FaithNet: nami.org/Get-involved/NAMI-FaithNet

NAMI FaithNet is an interfaith resource network that encourages the exchange of information, tools, and other resources to help educate faith communities about mental illnesses and the vital role spirituality plays in recovery for many individuals.

NHS: nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services

The NHS site provides detailed information on accessing mental health services in the UK.

National Institute of Mental Health (NIMH): nimh.nih.gov/index.shtml

NIMH is the lead federal agency for research on mental disorders in the US. Their site offers information on finding health care providers and navigating insurance coverage, as well as publications on various mental disorders.

SANE Australia: sane.org

SANE Australia offers free national online and telephonic counseling, peer support services, information and fact sheets on mental health topics, and other resources.



GENERAL TRAINING

Mental Health First Aid (MHFA): mhfa.com.au

MHFA is a community mental health education program designed to improve mental health literacy, decrease stigma, and equip participants with the knowledge and skills to respond when faced with a mental health crisis. Originally released in Australia, versions of the program can now be found in more than twenty-five countries, and over four million people have been trained worldwide. For more information, search for MHFA training opportunities in your region.

MENTAL HEALTH MINISTRIES

Association of Catholic Mental Health Ministers: catholicmhm.org

The Association of Catholic Mental Health Ministers is committed to making mental health ministry available in every parish. This organization produces worship and liturgical resources, provides links to educational materials, offers a directory of mental health ministries, and trains laity and clergy in peer support.

Association of Christian Counsellors: acc-uk.org

ACC is a UK-wide counseling organization that offers advice, support, and resources. They also provide training to support and promote the work of pastoral care in churches.

Gateway to Hope: mentalhealthgateway.org

Gateway to Hope offers educational courses that train congregations to develop effective situational responses, build and sustain support groups, and create a safe and loving environment for people living with mental health challenges.

Grace Alliance: mentalhealthgracealliance.org

Grace Alliance began as an organization dedicated to reinventing the mental health support group. In addition to their thriving Grace Groups program, they now offer workbooks and training for individuals, families, and congregations engaged in mental health recovery.

Hope for Mental Health: hope4mentalhealth.com

Hope for Mental Health is a ministry of Saddleback Church. In addition to running local support groups and offering online resources and training, Hope for Mental Health has developed a church-initiated mental health strategy that outlines the practical steps congregations can take to support those living with mental health challenges.



Key Ministry: [keyministry.org](https://www.keyministry.org)

Key Ministry offers tools, resources, and training to churches who want to support individuals impacted by mental health challenges, trauma, and hidden disabilities.

Mental Health Ministries: [mentalhealthministries.net/index.html](https://www.mentalhealthministries.net/index.html)

Mental Health Ministries is an online, interfaith ministry that provides educational resources aimed at reducing stigma and equipping faith communities to be caring congregations for people living with mental health challenges.

Mind & Soul Foundation: [mindandsoulfoundation.org](https://www.mindandsoulfoundation.org)

Mind & Soul Foundation is led by a team that includes a psychologist, a priest, and a psychiatrist. Together, they develop integrated resources aimed at educating, equipping, and encouraging Christians as they seek to understand mental health and support individuals living with mental health challenges.

Renew Wellbeing: [renewwellbeing.org.uk](https://www.renewwellbeing.org.uk)

Renew Wellbeing is a UK ministry that partners with churches who want to open safe spaces in their communities. Renew spaces offer hobbies and activities, prayer, and relationships with local mental health service providers.



RECOMMENDED BOOKS

The content of the books listed below reflects the views of their respective authors and does not always represent the views of Sanctuary. Be advised that some content may address topics such as suicide, eating disorders, and sexual assault. We recommend that you review these resources before deciding to engage with them more deeply.

The Bible and Mental Health: Towards a Biblical Theology of Mental Health

Eds. Christopher C. H. Cook and Isabelle Hamley

Bipolar Faith: A Black Woman's Journey with Depression and Faith

Monica A. Coleman

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Bessel van der Kolk

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life

Dr. Henry Cloud and Dr. John Townsend

Christians Hearing Voices: Affirming Experience and Finding Meaning

Christopher C. H. Cook

Darkness is My Only Companion: A Christian Response to Mental Illness

Kathryn Greene-McCreight

Finding Jesus in the Storm: The Spiritual Lives of Christians with Mental Health Challenges

John Swinton

Grieving a Suicide: A Loved One's Search for Comfort, Answers, and Hope

Albert Y. Hsu

How Do I Help a Hurting Friend?

Rod J. K. Wilson

I Am Not Sick, I Don't Need Help!: How to Help Someone Accept Treatment

Xavier Amador



Mental Health and the Church: A Ministry Handbook for Including Children and Adults with ADHD, Anxiety, Mood Disorders, and Other Common Mental Health Conditions

Stephen Grcevich

Resurrecting the Person: Friendship and the Care of People with Mental Health Problems

John Swinton

Souls in the Hands of a Tender God: Stories of the Search for Home and Healing on the Streets

Craig Rennebohm

Toward a Theology of Psychological Disorder

Marcia Webb

Troubled Minds: Mental Illness and the Church's Mission

Amy Simpson

The Wisdom of Your Body: Finding Healing, Wholeness, and Connection Through Embodied Living

Hillary L. McBride

