

Healing Legacies



The Concerns:

With decreasing attendance and increasing stressors, faith leaders are feeling ill equipped to lead post COVID.

Recent Data Reflection:

- 36% of pastors battle depression or fear of inadequacy.
- 26% of pastors report being over fatigued.
- 08% of pastors report they are spiritually malnourished.
- 70% of pastors report that they have a lower self-image now than when they first started. (Pastoralcare.inc)

These statistics reveal the necessity for education, the awareness and the impact of untreated mental health, and how these conditions have an impact on faith communities.

NAMI FaithNet® recognizes the vital role of spirituality in the recovery journey and understands the need for faith leaders to create stigma-free, mental health friendly and trauma-informed communities and to have resources that can support them in their role and on their healing journey.

At NAMI, we're focused on supporting our frontline workers. So, we've designed initiatives and resources to help connect faith leaders to much needed support to build healthy spiritual communities.

Bridging Faith & Mental Wellness in the African American Community

In the African American community, the intersection of mental health, faith, and spirituality is deeply intertwined, offering avenues for healing, resilience, and well-being. Recognizing historical traumas, systemic injustices, and faith traditions provide solace, strength, and communal support.

Faith leaders serve as trusted sources of guidance, offering spiritual counsel, community connections, and access to local resources. Faith institutions can foster a sense of belonging and empowerment through storytelling, music, and expressions of resilience.



- **FaithNet®** - brings together NAMI affiliates, faith communities, mental health providers, families, individuals and community organizations to build sustainable partnerships that help build awareness, improve care navigation and support people living with mental health conditions.
- NAMI FaithNet hosts an annual **Pathways to Hope Conference**: a hybrid, transformative event aimed at uniting communities to create sustainable support systems for individuals living with mental health conditions.
- **Sharing Hope** - is a three-part community conversation series in which sacred stories are shared through community conversations prompted by videos and guided by a facilitator who helps participants understand support strategies and community resources rooted in collective community wisdom and empowerment; and creates pathways to healing for Black/African Ancestry and immigrant communities.
- **Community Health Equity Alliance (CHEA)** - in partnership with Johnson & Johnson Innovative. Medicine, CHEA works with coalition partners providing tailored programs and resources to improve access, navigation, and advocacy for equitable and culturally-responsive mental health care.

To learn more, please visit us at www.nami.org to learn about **Sharing Hope, FaithNet** nami.chea.org. If you're in crisis and need immediate assistance, please call our NAMI Helpline @ please call 800-950-NAMI (6264), Monday through Friday, 10 a.m. - 10 p.m., ET, or send an email to info@nami.org