PEACE OF MIND
MENTAL HEALTH FIRST AID + ORTHODOX BRIDGING
This training program equips clergy and ministry leaders with tools for enhancing Orthodox Christian pastoral care through a basic understanding of mental illness and mental health. The unique combination of Mental Health First Aid and Orthodox Bridging in one program trains participants in evidence-based practical skills along with an Orthodox theological context.

FAITH & MENTAL HEALTH RESOURCE LIBRARY
Visit our website to access a growing virtual library of videos, podcasts, and graphics that explore the intersection of Orthodox Christian faith and mental health.

2021 NEEDS ASSESSMENT
1,640 responses collected
77% reported personally struggling with mental health concerns
87% reported having a family member with mental health concerns

TOP 10 CONCERNS
78% Anxiety
63% Depression
43% Loneliness
40% Grief/Bereavement
38% Sleep Issues
35% Body Image
32% Caregiver Stress
31% Panic Attacks
30% Bullying
26% Thoughts of Suicide

MENTAL HEALTH DIRECTORY
Our directory currently lists over 100 verified mental health and substance use professionals across 37 states who are in good standing with the Eastern or Oriental Orthodox Church.
PEACE OF MIND RESOURCES

24/7 NATIONAL HOTLINES
Suicide and Crisis Lifeline: call/text 988; or call 1-800-273-8255; www.988lifeline.org
Crisis Text Line: text ‘HOME’ to 741741; www.crisistextline.org
Veterans Crisis Line: call 1-800-273-8255 and press 1; text 838255; www.veteranscrisisline.net
Alcohol and Drug Helpline: 1-800-662-4357; text 435748; www.findtreatment.samhsa.gov
Child Abuse Hotline: call or text 1-800-422-4453; www.childhelp.org
Domestic Violence Hotline: 1-800-799-7233; www.thehotline.org
Sexual Assault Hotline: 1-800-656-4673; www.rainn.org
Youth Runaway Safeline: 1-800-786-2929; www.1800runaway.org

ORTHODOX BRIDGING REFERENCES AND SUGGESTED READING