

MENTAL HEALTH MINISTER TRAINING

Listen with the Ear of the Heart

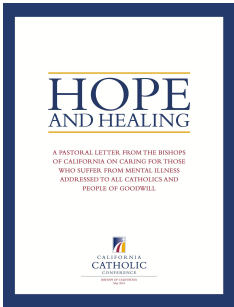
Step Alongside in Faith

Mission



Be Christ's Light in the lives of those suffering mental & emotional distress.

Theological & Pastoral Foundation



Hope & Healing, Pastoral Letter of the Bishops of California to those suffering from mental illness.

<https://sfoasjmh.com/resources>

Goals



1. **Stop the Stigma.** Speak about mental illness.
2. **Start Welcoming** with safety, mercy, and love.
3. **Step Alongside** with prayer and kindness.

Five Core Practices



1. Welcome the Stranger
2. Holy Listening
3. Companion on the Journey
4. Self-Care
5. Awareness - of self, other and Divine

— Barbara F. Zahner