

*Individuals struggling with mental health problems are more likely to go to a member of the clergy before a physician or mental health provider.*



Led by  
Matthew Stanford, Ph.D.

Dr. Stanford is CEO of the Hope and Healing Center and Institute in Houston and adjunct professor in the Menninger Department of Psychiatry and Behavioral Studies at Baylor College of Medicine and the Department of Psychology at the University of Houston.

## This is a FREE EVENT

Thursday, June 8  
10:00 a.m. - 2:00 p.m.

Lunch provided  
(no charge for lunch)

Presbytery Center  
1110 Lovett Blvd.  
Houston, TX 77006

# Mental Health 101

Equipping faith communities to better serve those broken by mental health difficulties and disorders

## DID YOU KNOW?

- 1 in 5 adults in the United States is struggling with a mental illness
- 60% of adults and almost 50% of children/adolescents receive no mental health services
- There are 10 times as many mentally ill persons in our jails and prisons as in state hospitals
- 30% of the homeless struggle with a mental illness; 5 times the normal rate

**Do you feel equipped to serve those struggling with a mental illness? Your faith community can make a difference; let us teach you the 3Rs:**

**Learn how to:**

- RECOGNIZE** the signs of mental illness
- REFER** those struggling to professional care
- RESTORE** lives through supportive community

**REGISTER on Eventbrite at**  
<https://www.eventbrite.com/e/mental-health-101-tickets-32668775186>

