

# Providing help to your congregants, The Mental Health Faith Liaison Program



If you are struggling with mental health and/or addiction issues, finding and affording help may be difficult.

The Mental Health Faith Liaison Program of the Mental Health Association of Morris County (MHAMC) is here to help by connecting you to a licensed clinician through your house of worship.

## The Mental Health Faith Liaison program

### Here's what our program offers:

- **Counseling Sessions / The Mental Health Faith Support Fund** allows congregants and to obtain free short-term professional clinical assistance from MHAMC directly at your house of worship (if requested). Up to 3 counseling sessions are available per issue that arises. This allows you to obtain assistance in addressing life challenges that may be holding you back or causing distress. Please see your Clergy to ask for a referral. This service is available to congregations that participate in our Faith Resource network.
- **Education** about mental health issues through **Mental Health First Aid**, an 8 hour training that teaches people to recognize symptoms of a mental health crisis and appropriate strategies to intervene, offered several times a year.
- **The Faith Resource Network: an opportunity for congregations to provide material support** to people in recovery from mental illness, such as household items, clothing, bicycles, and even paint. When a mental health consumer is in need of concrete assistance, MHAMC staff reach out to members of the Mental Health Faith Resource Network for assistance. There is no obligation to respond to a request. If the congregation cannot help, another house of worship will be contacted. Houses of worship need to join the Faith Resource Network in order for congregants to be eligible for free clinical assistance.



### Contact us: Mental Health Association of Morris County

100 Route 46 East, Mountain Lakes, NJ 07046 (973) 334-3496

For general information, call Cindy Sullivan, Mental Health Faith Liaison Program Coordinator at x106 – [csullivan@mhamorris.org](mailto:csullivan@mhamorris.org)

For specific congregant referrals, call Madine Despeine, Director of Self-Help, Advocacy, & Education at x111 – [mdespeine@mhamorris.org](mailto:mdespeine@mhamorris.org)

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