

Thank you for becoming a mental health champion for your conference or United Methodist Church (UMC) organization. This packet is designed to help you practice first aid for mental health skills and support you while continuing the conversation about mental health with others in your conference or organization.

Wespath introduced the First Aid for Mental Health training sessions to start a conversation within the UMC about mental health and encourage empathy, non-judgmental thinking and active listening when supporting individuals with mental health challenges. This training is the next step in helping destigmatize mental health with the UMC.

As a mental health champion, we encourage you to:

- practice acting with empathy and without judgment and help others in your conference or organization do the same.
- feel empowered to continue this conversation within your annual conference or UMC organization. For example, connect with church leaders (bishops, cabinet members) and conference leadership to share the webinar trainings and help them consider how they might encourage empathy and non-judgement for those experiencing mental health challenges.
- disseminate the strategies for supporting others shared in the First Aid for Mental Health webinar trainings.
- practice and use your skills! Identify a partner(s) and talk to each other about how you are using the skills and how you are sharing the message of empathy and non-judgement to improve the environment in your conference or organization.

We appreciate your commitment to this important work. If you have any questions, need further support or have ideas about how you and other can continue educating on the importance of mental health, please email Wespath's Wellness Team at wellnessteam@wespath.org.