

Faith and Mental health
Resourcing and training for church leaders
Evangelism & Faith development

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Faith and Mental Health

The intersection of mental illness and faith often brings to light the complex issue of stigma within the context of churches and among Christians. While churches are often places of solace and support, there exists a significant stigma surrounding mental health issues within them. This stigma can stem from various factors, including misconceptions about the causes of mental illness, fear of judgment or discrimination, and a lack of understanding about how to effectively support individuals struggling with such conditions. Within Christian communities, there can be a tendency to view mental illness as a sign of spiritual weakness or moral failing, leading to reluctance in seeking professional help or even discussing the issue openly.



Faith and mental health in the Black community

These challenges are compounded within the Black community, which forms a substantial proportion of evangelical churches in Britain. Historical and cultural factors, including experiences of racism, discrimination, and socio-economic disparities, contribute to unique barriers in addressing mental health issues. Moreover, within some Black Christian circles, there may be additional pressure to maintain a façade of strength and resilience, leading to the suppression of mental health struggles. This can result in a reluctance to seek help, as individuals fear being stigmatised or ostracised by their community. Addressing mental health stigma within the Black evangelical community requires culturally sensitive approaches that acknowledge these unique challenges and work towards fostering an environment of understanding, compassion, and support. The Cornerstone continues to equip various churches and groups in supporting this Community across the UK with kind support from The Benefact Trust.

The Cornerstone covered a wide range of salient topics on poor mental that are so prevalent. So being equipped to walk alongside someone we may encounter is crucial. From psychosis to eating disorders and all in between. I feel more confident about ways of approaching someone without feeling responsible for people. – Jonas (Training attendee)



The Cornerstone delivering Mental Health training for Holy Trinity Brompton (HTB) February 2024

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The role of a pastor or church leader can be immensely challenging, often involving navigating complex interpersonal dynamics, providing spiritual guidance, and managing the day-to-day operations of a congregation. In such roles, it's easy to feel isolated or overwhelmed. By coming together, pastors and church leaders can provide each other with much-needed support, wisdom, and encouragement, serving as a source of strength during difficult times.

Bringing together and facilitating collaboration among pastors and church leaders facilitates the sharing of best practices and innovative ideas for ministry and community outreach. Each leader brings their unique experiences, perspectives, and areas of expertise to the table, creating opportunities for mutual learning and growth. By exchanging insights and resources, pastors and church leaders can enhance the effectiveness of their respective ministries and make a more significant impact in their communities. The Cornerstone added this facet to the project at the request of the Pastors, churches and leaders we support and work in partnership with through our community projects.

[Click the video for feedback →](#)



Dr Hugh Osgood former Free Church Moderator & President of Churches Together in England

Further information

For more information on this or any of our projects please contact us at:
www.thecornerstone-church.com

With special thanks to The Benefact Trust

