

WHAT WE DO

- Provide pastoral care and counseling to people seeking spiritual support in recovery and to family members struggling with a loved one's mental illness.
- Present educational and supportive seminars on mental health topics for local congregations, mental health consumers and the larger community (Including Sunday School, small groups and other settings).
- Lead small group Bible studies for people with mental health challenges.
- Provide spiritual care and worship services for hospitalized psychiatric patients and group home residents.
- Support and serve fellow pastors and churches by connecting them with local community resources for Christian counseling and social services.
- Develop and train volunteers to assist with this ministry.
- Plan to establish a Recovery Café at First Presbyterian Church in Beaver.

SUPPORT

This chaplaincy is supported through First Presbyterian Church, Beaver and through your donations.

- **Donate Online**
Visit fpcbeaver.org and click on the Donate button: select "Mental Health Chaplaincy" or use the QR Code provided below.
- **Donate by Check**
Made payable to First Presbyterian Church, Beaver, 252 College Ave., Beaver, PA 15009. Please put "MENTAL HEALTH CHAPLAINCY" in the memo line.

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Chaplain
ABBY OPAL

Rev. Opal is called by First Presbyterian Church (Beaver) and ordained by the EPC (Evangelical Presbyterian Church) as a Teaching Elder and Chaplain. She graduated from Trinity School for Ministry (MDiv) and has a B.S. from the University of Pittsburgh. She has a passion to care for people struggling with mental health issues and believes that the church is to be a safe, supportive and resourceful place for people in need.



Mental
Health

A Divine
Opportunity

Do we care for suffering people like **Jesus** did?

STATISTICS



20% of adults in the USA will experience mental illness this year. (48 million people)



60% of adults diagnosed with a mental illness receive **no treatment**.



People in psychological distress are more likely to seek assistance from a member of the clergy than they are from a PCP, psychiatrist or anyone else.

THE CHURCH'S DIVINE OPPORTUNITY

Barriers To Accessing Care

Availability
There are not enough services to meet the demand for care.

Acceptability
Social stigma keeps people from seeking care.

Affordability
Mental health care is cost prohibitive for many people.

The Church's Divine Opportunity

Available
There are churches in every community in the U.S.

Accepted
There is no stigma in going to talk with a pastor or member of the clergy.

Affordable
In general, the church does not charge for its services.

HOW WE DO THIS

Three Pillars Of Mental Health Ministry

What does mental health ministry in the church look like? How can we come alongside, and walk with someone in a mental health struggle? In a word, "one-anothering."

1. Ministry in mental health care must be biblically rooted.

This includes the Good News of our salvation through Jesus' death and resurrection, the truth of who we are in Christ, an understanding of the problem of pain, and the comfort of "God with us" when we suffer.

2. Ministry in mental health care must be clinically informed.

The medical community has resources to educate us on the nature of mental illness, support and services already available in our area, as well as how we can help.

3. Ministry in mental health care must build community.

The church is called to be a welcoming, connecting, engaging place that is known for patient endurance. Actively breaking mental health related stigma and building meaningful connections with hurting individuals and their families are essential for mental health ministry. Faith-based supportive services within the church allow people to find therapeutic care within the healing environment of the body of Christ.