



The UU Mental Health Network

**Promoting the
inclusion of people affected by mental
health issues in the life and work of our
congregations and by extension, in society
at large.**

ADVOCATE

PARTNER

SUPPORT

VOICE

RESOURCE

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**For more information
and to join:**

www.uumentalhealth.org

The UU Mental Health Network

Our Mission:

The UU Mental Health Network promotes inclusion of people affected by mental health issues in the life and work of our congregations and in the society at large.

We seek to do this by creating a network that is:

- a supportive community of people affected by mental health issues, as clients, family members, providers, and allies
- recognized as an identity group whose opinion is sought out when issues about mental health in congregations come up
- a repository of information and resources about mental health
- an advocacy organization when the rights of people with mental health issues are under attack or when discrimination and prejudice is occurring
- an organization that will advocate to improve access in the United States to adequate, appropriate and compassionate treatment.
- an advocate for needed resources that are NOT available, and to the appropriate resources intact during budget cuts
- an advocate which seeks to remove the profit motive from the healthcare industry
- an advocate for mental health consumers being fully informed and full participants in their own treatment
- a vehicle for publishing views on mental health issues from different points of view
- a way to purposefully address unique mental health issues in marginalized populations: ex: people of color, LGBTQIA, prisoners, co-occurring disorders...
- a source for providing and encouraging education about congregational mental health issues to UU congregations
- a resource for congregations when a mental health-related issue arises
- a partner with mental health networks of other faith traditions, to share ideas and work together on our common goals

Accomplishments in our first year:

- Established a working Board with monthly meetings
- Became an official UUA "Related Organization"
- Incorporated in the State of Michigan
- Received 501 (c) (3) designation as a non-profit by the IRS
- Enhanced our website
- Created a monthly blog entry
- Collected information about mental health resources in the pandemic

Catch our Virtual GA Workshop: *Sacred Mental Health Matters*

Find out more and join us on our website: www.uumentalhealth.org

Contact: Rev. Barbara Meyers com_minister@mpuuc.org