



FACT SHEET

What is Peer Support in Congregations (PSC)?

PSC is statewide project whose purpose is to implement peer based mental health prevention and early intervention services in faith-based organizations (FBOs)

- Goal is to build the skills of traditional sources of support within the community to intervene, refer, and counsel individuals at-risk of or living with mental illness, and who seek support from FBOs
- Reduces stigma related to mental illness and psychological distress by engaging the leadership of FBOs and members that have lived experience with mental illness to support wellness efforts
- Empowers the community to create indigenous strategies for identifying and managing mental illness

Why Participate in PSC?

- One in four adults in their lifetime will experience some type of emotional distress
- For many people, FBO's traditionally serve as a place to seek guidance and support

Who Has Participated in PSC?

- Over 20 churches across California
- Approximately 150 pastors and peer participants

What Have the Benefits Been?

- Development of Mental Health and Wellness Ministries and Activities (e.g., Mental Health Social Media Project, Support Groups, Opening Mental Health Clinics, Wellness Fairs, Resource Guides)
- Increased awareness of recognizing signs and symptoms, an enhanced comfort in talking with, and an increased ability in knowing how to support someone experiencing emotional distress, severe mental illness, substance use issues and/or thoughts of suicide
- Positive impact and change reported by participants in their own personal lives, within the FBO, with family members, co-workers and friends
- More than 175 effective contacts to support others in their FBO made by participants

Want to get involved? Need more information?

Visit us at <http://www.cimh.org/peer-support-congregations> or contact the PSC Team for information about how to participate.

Contact Us

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