

# Project Help

## MENTAL HEALTH

Project HELP is an initiative of WMU that identifies a critical issue and seeks to raise the level of awareness of that issue and provide practical approaches anyone can implement to open the door to meeting needs and sharing the gospel. The current Project HELP critical issue is Mental Health.

Below are opportunities provided by Tennessee WMU, national WMU, and association/church WMU groups to raise awareness and equip you to lead and champion mental health initiatives in your church and community.

### **MENTAL HEALTH: The Church's Response**

Online Course from National WMU

Cost: \$30

Take the online course Mental Health: The Church's Response to discover more about mental health and ways to help those with mental health struggles. You will be equipped with ongoing access to resources for leading a conference about mental health such as a PowerPoint presentation, presentation notes, flyers, and posters.

You will have 30 days from the day you register to complete the course, and will receive a link that will never expire for access to teaching resources that are updated periodically.

For information and to register click [here](#).

### **Youth Mental Health First Aid Training**

Youth Mental Health First Aid is a 7-hour training for adults who regularly interact with young people ages 12 to 18 – youth ministers/workers, parents, teachers, school staff, etc. This training will introduce common mental health challenges for youth, review typical adolescent development, and teach a 5-step action plan to help young people in both crisis and non-crisis situations. Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders, and eating disorders.

Sponsored by Tennessee WMU

9:00 am - 4:00 pm

Cost: \$10 for lunch

Date/Location:

Saturday, August 24, 2024

Brook Hollow Baptist Church, Nashville

Register [here](#).



## **Mental Health & The Church Conference**

Saturday, October 12, 2024 from 9:00 am to 3:00 pm EST

Alpha Baptist Church, Morristown

Sponsored by Nolachucky Association WMU

Breakout sessions, resource fair, and more to help you learn more about the challenges, opportunities, and resources available for mental health and how to mobilize the church for healing.

Call/text 423.585.7163 or 423.312.3383 for more information.

## **Mental Health First Aid Training for Adults**

Mental Health First Aid for Adults is an 8-hour training that teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

Sponsored by Tennessee WMU

8:00 am - 5:00 pm

Cost: \$10 for Lunch

Dates/Locations:

**Saturday, July 20, 2024**

The Church at Sugar Creek, Humboldt

Register [here](#).

**Saturday, August 10, 2024**

Knox County Association of Baptists office, Knoxville

Register [here](#).

**Saturday, September 21, 2024**

TBMB Church Support Center, Franklin

Register [here](#).

For more information and to register, visit [www.tnwmu.org](http://www.tnwmu.org)

Sponsored by National WMU

Two-day online training, 8:30 am - 12:30 pm each day

Cost: \$100

Dates:

Tuesday & Wednesday, July 16-17, 2024

Tuesday & Wednesday, October 8-9, 2024

For more information and to register, click [here](#).

