



**THE WELL
CHURCH
INITIATIVE**



Faith-Based Engagement for Mental Health & Wellness



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1 in 5

U.S. adults experience a mental disorder in any given year

Anxiety and Depression are the most common mental disorders

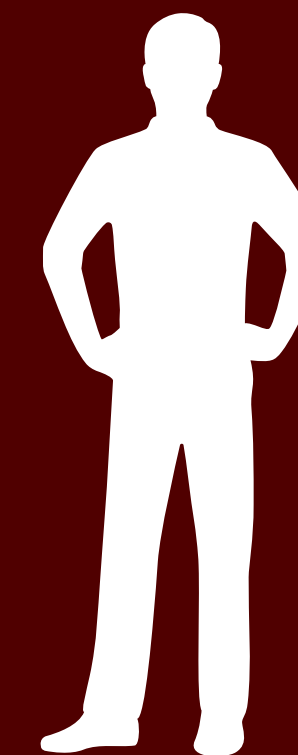
In 2018 in the United States:



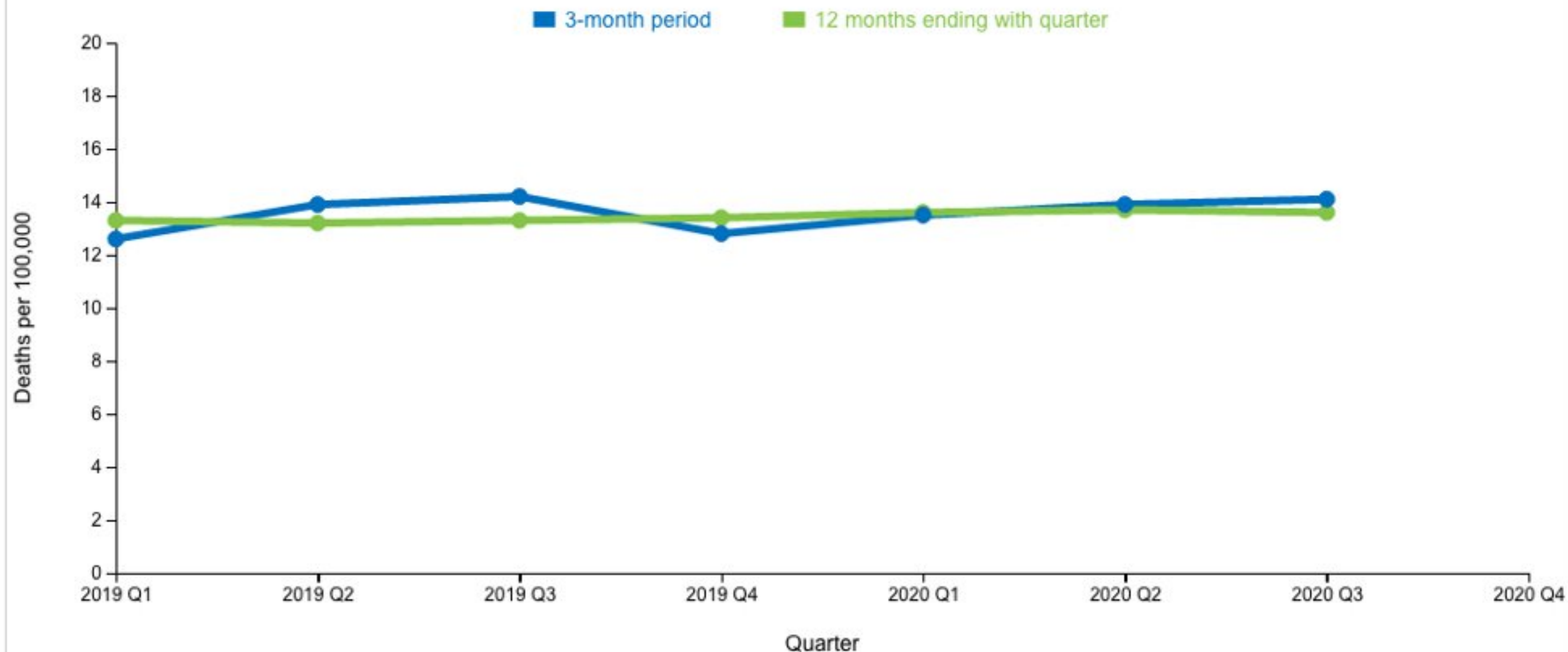
Suicide was the
2nd leading
cause of death among
individuals ages 10-34

|
&
|

Suicide was the
4th leading
cause of death among
individuals ages 35-54



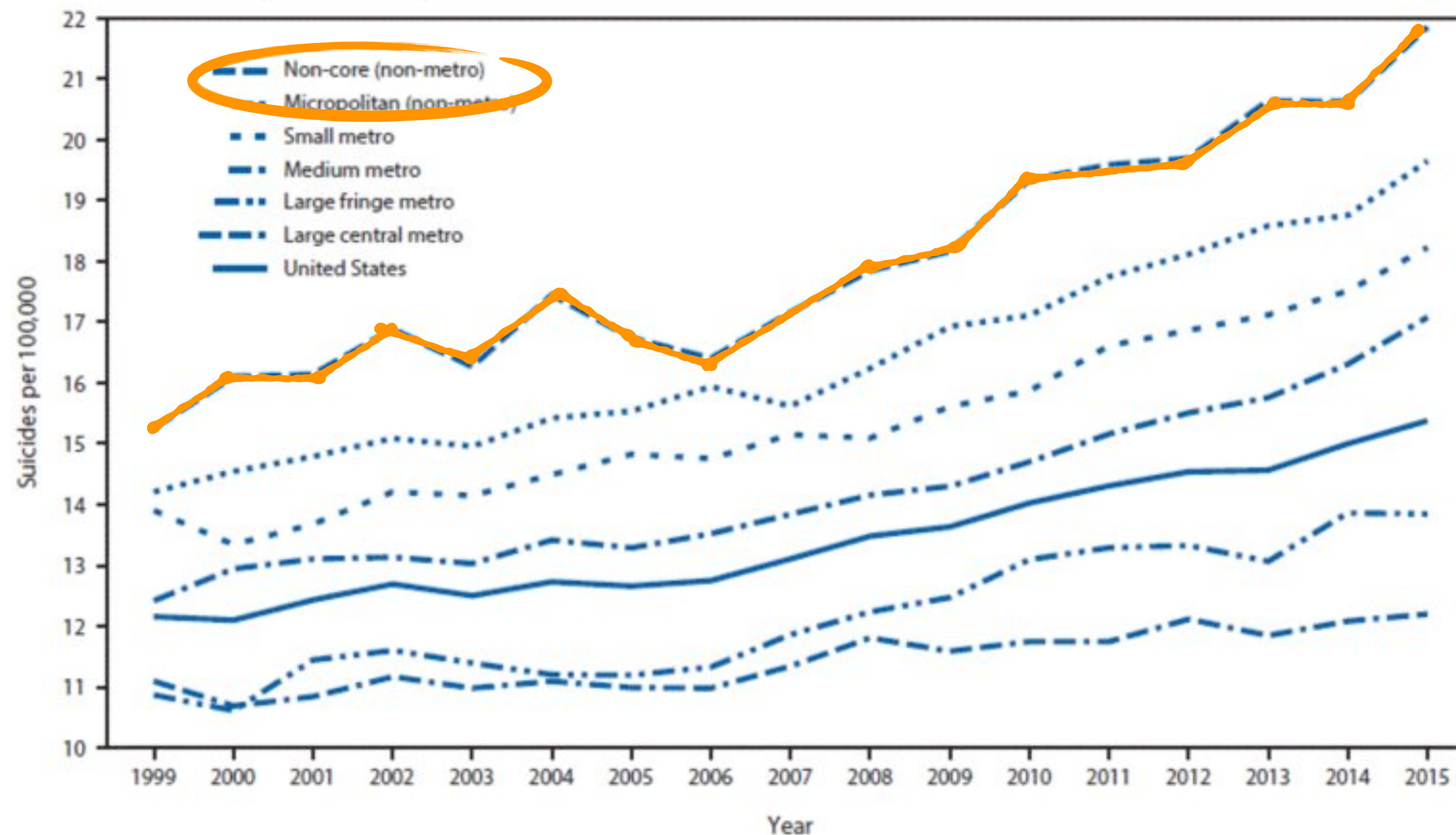
**Age-adjusted death rates for Suicide:
Texas, 2019-Quarter 4, 2020**



The age-adjusted death rate for suicide in Texas for the 3-month period ending with 2020 Q3 was 14.1 per 100,000 population which represents no significant change from the age-adjusted death rate of 14.2 in 2019 Q3.

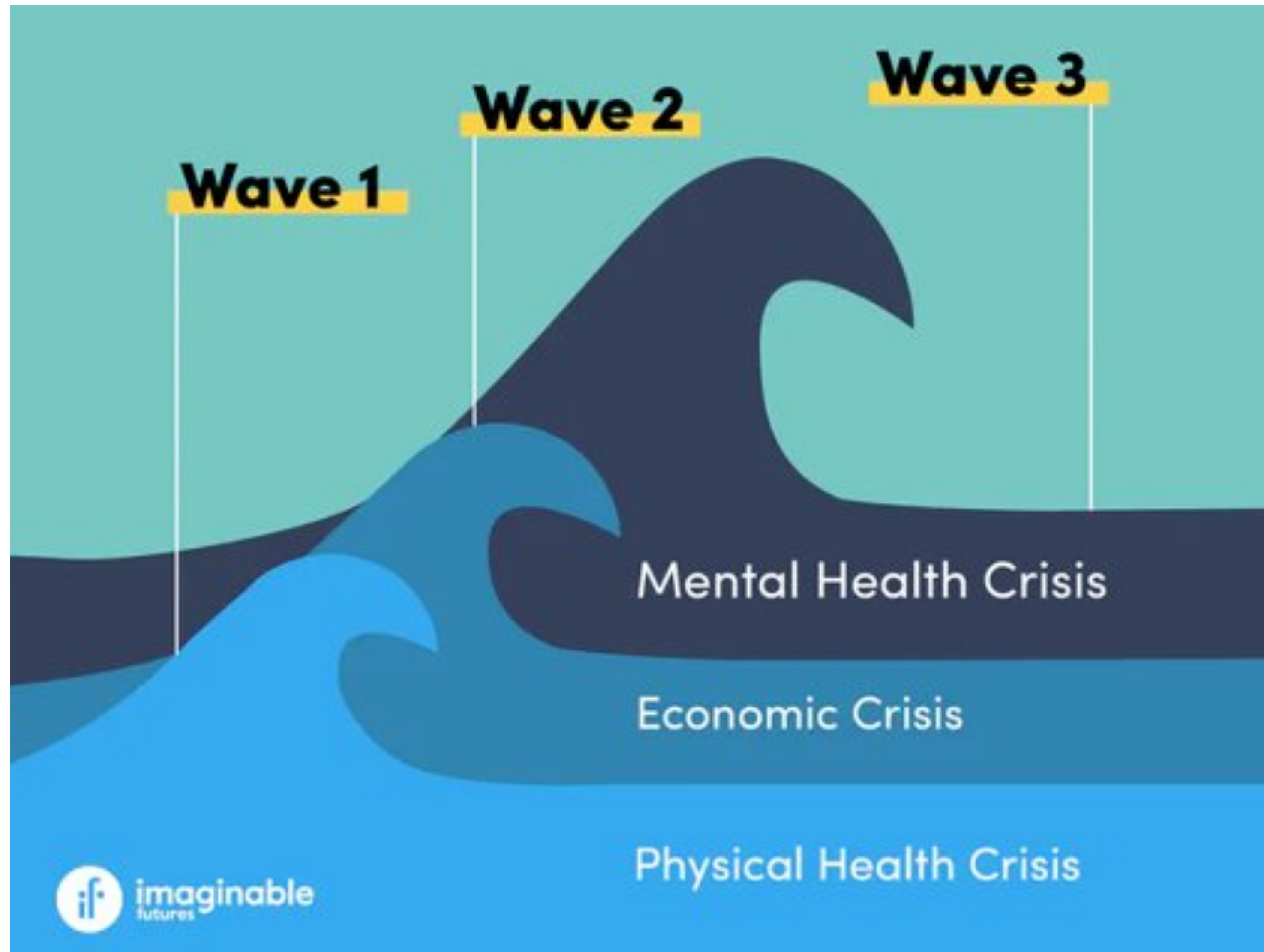
Suicide rates
are higher in
rural Texas

FIGURE. Suicide rates* by level of county urbanization† — United States, 1999–2015



* Per 100,000 residents aged ≥10 years, age-adjusted to the year 2000 U.S. standard.

COVID-19 and Mental Health



Percentage of Adults who Reported Symptoms of Anxiety or Depression



Sample size ranged from 49,931-94,329 U.S. adults, depending on the week

Symptoms of Anxiety or Depression by Age Group Among U.S. Adults



Risk and Protective Factors

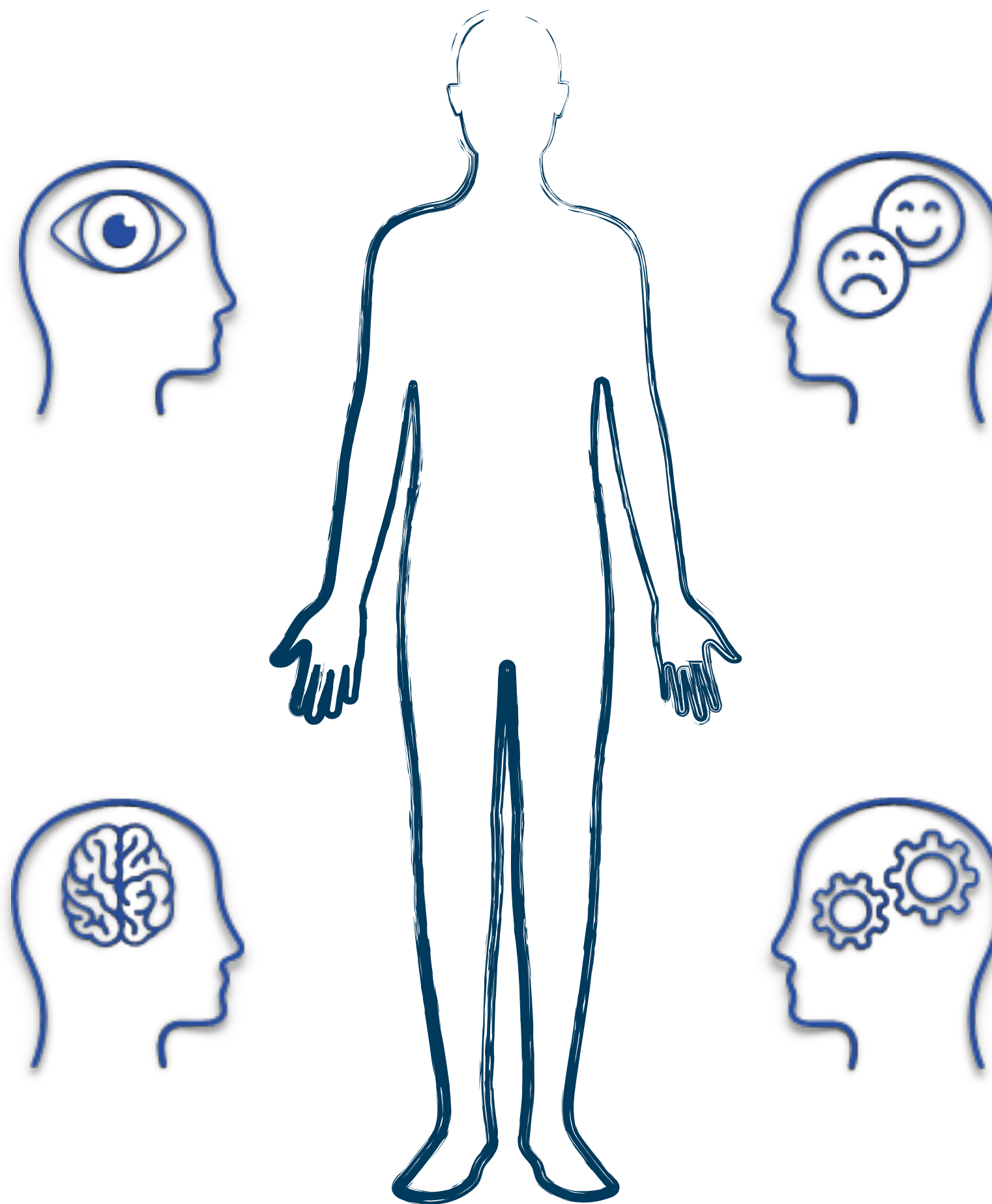
<i>Level</i>	<i>Adverse factors</i>		<i>Protective factors</i>
Individual attributes	Low self-esteem	↔	Self-esteem, confidence
	Cognitive/emotional immaturity	↔	Ability to solve problems and manage stress or adversity
	Difficulties in communicating	↔	Communication skills
	Medical illness, substance use	↔	Physical health, fitness
Social circumstances	Loneliness, bereavement	↔	Social support of family & friends
	Neglect, family conflict	↔	Good parenting / family interaction
	Exposure to violence/abuse	↔	Physical security and safety
	Low income and poverty	↔	Economic security
	Difficulties or failure at school	↔	Scholastic achievement
	Work stress, unemployment	↔	Satisfaction and success at work
Environmental factors	Poor access to basic services	↔	Equality of access to basic services
	Injustice and discrimination	↔	Social justice, tolerance, integration
	Social and gender inequalities	↔	Social and gender equality
	Exposure to war or disaster	↔	Physical security and safety

Opportunities for Faith-Based Leaders

Tired-looking

Disheveled clothing

Appearing more unkempt than usuals for the person



No longer enjoying work, activities, or hobbies

Sadness

Worry

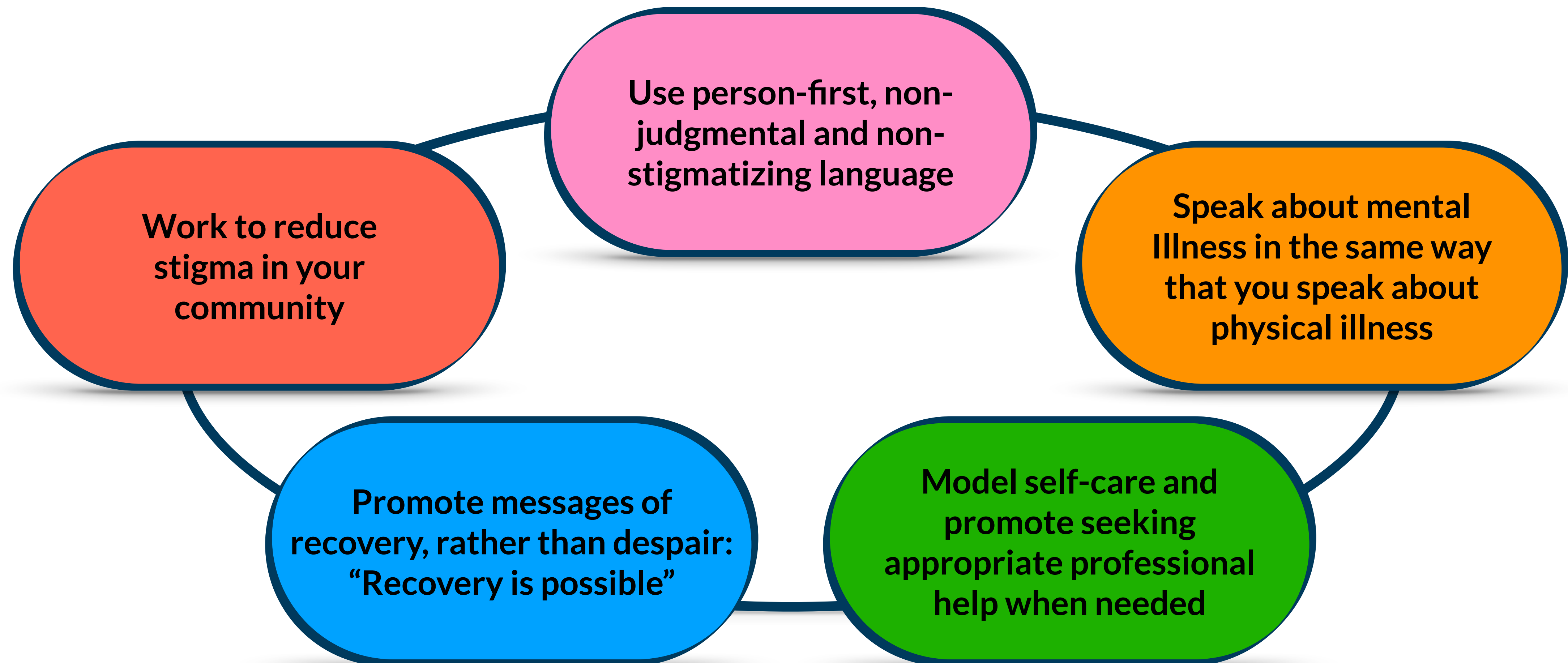
An emerging pattern of showing up late for or cancelling personal and professional commitments

Difficulty concentrating or focusing at home, school, or work

Indecisiveness

Opportunities for Faith-Based Leaders

Promote connectedness and overall well-being of your faith community



Opportunities for Faith-Based Leaders

Offer trainings for community members

Question, Persuade, Refer (QPR), Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid (MHFA)

Become involved in suicide prevention efforts in the larger community

Contact your local mental health authority to learn of existing coalitions and ways to get involved. Partner for events/observances.

Be prepared to respond to a suicide death and provide support to the survivors

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**WHEN WE FIND THE COURAGE
TO SHARE OUR EXPERIENCES
AND THE COMPASSION
TO HEAR OTHERS TELL THEIR STORIES,
WE FORCE SHAME OUT OF HIDING,
AND END THE SILENCE.**

BRENÉ BROWN

