



Being **APCMH** Alongside Core Values

"The Metropolitan Archbishop Anthony, one of the great spiritual figures of the last century spoke about the need for us to work constantly at making true and deep encounters with each other. He encourages us to end the distance that habitually we place between each other:

'Let us speak to one another, let us break down this circle of silence, destroy this wall which causes you to be lonely, and also makes me helplessly lonely.'"

Rev'd Andrew Wilson

Mental Health is not only concerned with the absence of ill-health but attending to the positive well-being of an individual through the protection and nurture of that which promotes good health.

Rev'd Chris MacKenna

Director, St Marylebone Healing & Counselling Centre

In Crisis? Help is at Hand:

Samaritans: 08457 90 90 90 (24 hrs)

Saneline: 020 7375 1002

For resource material, joining *Being Alongside* / *APCMH*, subscribing to our newsletter please contact:

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Any material for *Being Alongside*?

Contact the Editor:

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"Journeying out to encounter those who know deeply about struggle, is the route by which we experience the extraordinarily graceful outcome of holistic mission"

Ann Morisy:

Community Theologian

Patrons

Professor Andrew Sims

Bishop Stephen Sykes

Who We Are:

Being Alongside / APCMH is a Christian based voluntary association of individual members and affiliated groups who recognise the importance of spiritual values and support in mental health.

It has a network of supporters throughout the United Kingdom and it welcomes and encourages people whatever their own faith or belief system.

Governed by its National Committee *Being Alongside* / APCMH is primarily concerned to promote and encourage 'being alongside' people experiencing mental or emotional distress.

Being Alongside / APCMH seeks to enhance a person's quality of life, self respect and spiritual growth by encouraging:

- faith communities into 'being alongside' those affected by mental health issues.
- local initiatives to support those with long term mental health difficulties
- those working in mental health services to recognise the importance of spiritual needs.

What is Mental Health?

It is the emotional and spiritual resilience whereby we enjoy life & survive pain, disappointment and sadness. A positive sense of well being and an underlying belief in our own worth and the dignity and worth of others.

"Healthcare practitioners aiming to heal others would be wise to attend to their own nurturing and healing as well."

Dr Sarah Egger, Honorary Senior Lecturer
Imperial College School of Medicine

Our Vision is to be an Association:

- that values and respects each person and their communities including people with mental health difficulties.
- where faith and spirituality are recognised and valued within the context of mental health well-being.
- where faith communities welcome, respect and value people experiencing mental or emotional distress.
- that enhances the quality of life, self respect and spiritual growth of those affected by mental or emotional difficulties.

Our Aim is to Facilitate and Encourage:

- The recognition of the importance of spiritual needs and inner resources in maintaining mental health and well-being.
- Christian and other faith communities to be alongside individuals with mental health difficulties as we journey together.
- The development and continuation of local initiatives reflecting our Vision.
- Greater awareness and more positive attitudes towards mental health issues.

Mental health difficulties cross all boundaries of race, creed, sexuality, status or disability.

We follow our Vision and Aim by:

- Publishing a newsletter *Being Alongside*.
- Our website www.pastoral.org.uk.
- Facilitating conferences and workshops.
- Supporting and encouraging local groups to provide such activities as befriending, drop ins and support groups.
- Producing 'Fact Sheets'.
- Gathering resources and sharing information, working in partnership with interested groups and organisations.
- Encouraging creative work including poetry & art, sometimes published in the newsletter.
- Producing resource materials to help set up & sustain local groups & training courses.
- Responding to requests for appropriate speakers or representatives willing to share their experiences.
- Supporting local group facilitators & volunteers.

Affiliated Groups:

There are a number of local affiliated Groups who facilitate 'out of hours' drop ins; Befriending schemes; training courses; awareness raising seminars; support groups.

...paddling through the mud together

Dr Andrew Powell, Royal College of Psychiatrists

Come Alongside Us!

- share some of your gifts by becoming a supporter, a member or a volunteer.
- subscribe to *Being Alongside* our bi-monthly newsletter.
- contribute to *Being Alongside*.
- organise a fund raising event.
- start or join a local initiative.
- Become Affiliated as a Group?