

THE AIM

of the Association is to enhance the quality of life, self-respect and spiritual growth of those affected by mental or emotional difficulties by encouraging

- church and other faith communities to be alongside individuals who are so affected
- the development and continuation of local initiatives to support people with severe or enduring mental health difficulties
- those working in the provision of mental health services to recognise the importance of spiritual needs and resources

There are a number of **local groups** which are engaged in 4 main activities:

- out of hours drop-ins
- befriending schemes
- training courses
- awareness-raising seminars and conferences.

Initially set up as branches, local groups can now be affiliated to the National Association provided they support its core values, principles and practices.

We achieve our aims by

Nationally

- Publicising the value of being alongside people affected by mental or emotional difficulties
- Developing networks and resources
- Providing details of resource material
- Publishing a quarterly newsletter
- Working in partnership with other interested parties

Regionally

- Encouraging and promoting regional conferences
- Recommending speakers, facilitators for conferences, seminars or training courses.

Locally

- Encouraging local groups to develop initiatives to support those affected by mental or emotional distress.
- Publishing good practice guidelines
- Encouraging sustainable friendships

To ensure that we are working towards our main aims APCMH

- does not offer individual counselling.
- does not offer professional, medical or clinical therapeutic treatment or advice
- does not use any of its activities to impose any religious belief

CORE VALUES



OUR VISION is that faith communities should be

- places where people belong and in that belonging mental health needs are recognised and met.
- places where mental health needs encourage people to come together and also challenge, enlighten and enrich the community.
- places where we recognise that action needs to be taken to achieve this vision, so that people with mental health problems take their rightful place in inclusive communities where we all learn from each other.

OUR HISTORY

The Association was founded in 1986 through the pioneering spirit of Christian parents whose son was mentally ill. They wanted to raise awareness of the spiritual needs of people with mental health problems both in mental health services and in churches. Over the next decade that work developed and expanded with the last five years seeing a period of change and consolidation

TODAY

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, APCMH is primarily concerned to promote and encourage "being alongside" people experiencing mental or emotional distress (healing presence).

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

INTERESTED?

JOIN US AND SUPPORT US!

Become a supporter, a member, or a volunteer; Give us some of your time;
Share some of your gifts

- Subscribe to our newsletter
- Contribute to our newsletter or resource material
- Come to our conferences
- Organise a fund-raising event
- Make a donation
- Consider joining or starting a local initiative
- Offer to be available as a speaker or facilitator

For further information, resource leaflets, to become a member or subscribe to the newsletter please contact:

The National APCMH Secretary
C/o St Marylebone Parish Church
Marylebone Road London NW1 5LT
APCMH Contactline : 01483 538936

Or visit our website at

www.pastoral.org.uk

The Association For Pastoral Care In Mental Health



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Alongside"

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