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Mental Health Matters Resources

Here you will find resources from Mental Health Matters, which we are now giving them a home on our website. If you are interested in finding out more about mental health or Mental Health Matters, please email office@inclusive-church.org [1] or click [here](#) [2].

The Resources

[Chester Pack 1 in 4](#) [3] : a pastoral resource commissioned originally by the Diocese of Chester.

[Understanding Mental Health](#) [4] : a guide by Oxford Diocese.

[When Autism and Mental Health Collide](#) [5]: an article by Ann Memmott

[Mind Ed Hub](#) [6]: a resource for those who work with young people.

[Papyrus UK](#) [7]: provide confidential help to those working with young people and work on suicide prevention in young people.

[Prayers on a Mental Health theme](#) [8]

[Poems and Reflections on Mental Health](#) [9]

[Bible Readings on a Mental Health theme](#) [10]

[Worship Resources for World Mental Health Day](#) [11]

[Hymns, songs and chants](#) [12]from Mental Health Matters

[Hymns for World Mental Health Day](#) [13]

[Mental Health, Healing and Faith](#) [14]by Revd Christopher Newell, Chaplain in the Dept of Spiritual and Pastoral Care, Cornwall Partnership NHS Foundation Trust

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Links

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- [4] <https://www.inclusive-church.org/sites/default/files/files/Understanding%20Mental%20Health-%20Oxford%20Dio.pdf>
- [5] <http://www.autismafter16.com/article/09-24-2012/when-autism-and-mental-health-issues-collide>
- [6] <https://www.minded.org.uk/>
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