

## Campaign of Hope: Mental Health and Wellbeing for all!

**Goal:** Faith Communities become enabling environments that promote and sustain mental health and well-being.

### Background

Mental Health is a state of emotional stability that enables people to cope with life's stresses, realize their abilities, strengths and resilience, learn from and work cooperatively, contribute to their families, and form and participate in communities. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships, and shape the world. Given the limited access to Mental Health Care and professionals, it is vital that the Faith Communities, which are present all over the world, with networks and support systems in place, can be mobilized to promote Mental Health in an informed, safe, supporting, and sustainable manner, in close collaboration with Mental health professionals. WCC has addressed the issue of [Mental Health since 1972](#). The issue has further been identified by the Commission of the Churches on Health and Health in 2024 as one of the four priorities that WCC is to address to contribute to achieving WCC's strategic objectives related to Health and Healing for the period 2023 to 2030. The Commission has formed a Working Group to guide WCC in work associated with Mental Health.

### Key facts

- Mental Health issues affect more than 25% of all people at some point during their lives.
- 14% of the world's adolescents (aged 10–19 years) live with a mental disorder.
- Suicide is the fourth leading cause of death in individuals aged 15-29 years.
- It is estimated that there are 20 suicide attempts for every one death. Suicide accounts for more than one in every 100 deaths (700,000 people) and 58% of suicides occurred before age 50.
- During the first year of the COVID-19 Pandemic, there was a 25 % increase in depression and anxiety.
- 71% of those with psychosis worldwide do not receive mental health services.
- On average, countries dedicate less than 2% of their healthcare budgets to mental health.
- Around half the world's population lives in countries with just one psychiatrist serving 200,000 or more people.
- Prevalence of mental disorders (depression, anxiety, post-traumatic stress disorder, bipolar disorder, and schizophrenia) is around 22% at any point in time in the conflict-affected populations.

### Objectives:

1. Empower faith-based networks to lead the creation of a movement, fostering a platform for sharing, supporting, and sustaining mental health work.
2. Promote dialogue between Mental Health Professionals and Faith communities, (with the meaningful engagement of people with lived experience, young people, indigenous peoples and people living disabilities), leading to informed, safe, sustainable support and actions.
3. Facilitate in-depth analysis and discussions on key Mental Health and well-being issues.
4. Facilitate topical/ regional/national level convening and sharing of experiences in Trauma Healing in different contexts
5. Facilitate sharing of resources and peer learning in the context of Mental Wellbeing.
6. Facilitate training and formation on Mental Health for Faith Communities.

### Methodology

1. Development of an alliance of faith communities who are dedicated to become enabling environments that promote and sustain mental health and well-being

- a. Member churches, National and Regional Ecumenical Organisations, Christian World Communions, Faith related health networks and institutions, Faith based youth movements and Bible Societies will be invited to join the alliance.
  - b. WCC will convene the Alliance, and facilitate on-line meeting of the group two times a year.
  - c. The members of the alliance will commit to the objectives of the Campaign and will share experiences and resources, through the platform that is created.
2. Each member of the alliance implements a framework for dialogue and action that facilitates and encourages dialogue between Mental Health Professionals and Faith communities and convenes experiences in safe spaces for sharing of learnings, and promoting sustainable action and service on mental health and well-being in the community.
  3. WCC will curate and facilitate the sharing of resources in a participatory manner, under four domains, using a digital on-line repository:-
    - a. Facts sheets and information on specific mental health conditions.
    - b. Compilation of Good Practice from different contexts / regions / languages.
    - c. Scriptural and contextual analysis, reflections and prayers.
    - d. Trauma healing resources
  4. Training- both face to face & on-line courses.
    - a. On-line 10 module training on Mental Health for faith communities and church workers.
    - b. Face to face trainings on specific topics.

### Monitoring and Evaluation

WCC and the Commission of the Churches on Health and Healing with its Working Group on Mental Health will give oversight to the monitoring of the Campaign, setting standards and to ensure compliance with WCC Code of Conduct.

Key milestones: -

1. Alliance established- 50 organisation & churches
2. 2 online convening of the Alliance per annum.
3. 10 gatherings adhering to standards as per the framework for dialogue and action among the members of the Alliance.
4. Facilitation of in-depth analysis and discussions on 4 key mental health and well-being issues.
5. Facilitation of three topical/ regional/national level convening and sharing of experiences in Trauma Healing in different contexts
6. Establishment of on-line digital repository for sharing of resources and peer learning in the context of Mental wellbeing-
  - a) Facts sheets and information on specific mental health conditions.
  - b) Compilation of Good Practice from different contexts / regions / languages.
  - c) Scriptural and contextual analysis, reflections and prayers
  - d) Trauma healing resources
7. Establishment of training and formation on Mental Health for Faith Communities.
8. Promotion of 3 training programmes on Trauma Healing initiated by members of the Alliance.

### Timeline

Launching the Campaign and invitation of members - October 2024

First on-line meeting of the Alliance convened- December 2024

Online resources made available- January 2025

Establishment of training and formation on Mental Health for Faith Communities- March 2025

Promotion of 3 training programmes on Trauma Healing initiated by members of the Alliance-- March 2025.

Those interested to join the Campaign, kindly contact [healthandhealing@wcc-coe.org](mailto:healthandhealing@wcc-coe.org)