



# Supporting THOSE WITH MENTAL HEALTH STRUGGLES

Saturday, January 27, 2024

9:15 AM - 2:30 PM

Mass available at 8:30 AM

Snow date: February 3

St. Cecilia Parish Auditorium

535 Rhawn Street

Philadelphia, PA 19111

Presenter:

Dave Eckert, MDiv, CPRP  
Director of Intersect Network

Cost:

\$25 per person

Morning coffee and lunch is included.

A Workshop for Parish Leaders, Family Members and Friends

It is estimated that one in five adults in the U.S. lives with a mental illness. Among children and teens, the numbers are increasing dramatically. This means that every parish and church institution - and many families - have members who struggle in this way, and often in silence. This workshop is designed to give parish leaders, as well as family members and friends, practical tools to help you support those who experience mental health struggles. Workshop topics include:

- What do we mean by mental health struggles?
- How to walk alongside someone in a way that is sustainable and resourceful
- How to create space where people can share their struggles while remaining within the boundaries of our competence (e.g. acting as a friend, not a therapist)
- Question-Persuade-Refer Suicide Prevention Training: how to respond when someone may be thinking about suicide

REGISTRATION:

[Click here to register](#) or  
visit [archphila.org/support](http://archphila.org/support)



Questions?

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