



Mission & Outreach

at St Andrew's Church Bedford

National Charity Option Four:

MENTAL HEALTH

Mental health is crucial for overall well-being, yet stigma and access barriers persist. Charitable support is essential in providing services, raising awareness, and advocating for improved mental healthcare. We are called to respond to those in pain.

BIBLE QUOTES:

Old Testament:

"The Lord is close to the broken-hearted and saves those who are crushed in spirit." - Psalm 34:18

New Testament:

"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28

THE ISSUE:

Mental health encompasses emotional, psychological, and social well-being. Issues such as depression, anxiety, and stress can impact daily functioning. Promoting awareness, access to care, and destigmatisation are crucial in addressing mental health challenges and supporting overall well-being.

STATISTICS:

Mental health services in England received a record 4.6 million referrals during 2022, up 22% from 2019, indicating a significant increase in the number of people seeking treatment for mental health issues. (British Medical Association)

REASON TO SUPPORT: MISSION ACTION PLAN FIT – WORSHIP, FELLOWSHIP, KINSHIP

Charitable support for mental health is key in providing essential services, raising awareness, and advocating for improved mental healthcare. These organisations offer vital support, including counselling, crisis intervention, and community programs, filling gaps in public services. They play a key role in reducing stigma, promoting mental health education, and advocating for policy changes. By fostering community support and conducting research, charitable organisations contribute significantly to addressing the complex and pressing challenges of mental health.