

Global Mental Health and the Church
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Plenary 1

The Role of the Church in Mental Health

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Cape Town Declaration on Care and Counsel as Mission

On Belhaven.edu/careandcounsel

Available to read and endorse online

Four sections:

Christian

Holistic and Systemic

Indigenous

Collaborative

Twelve Recommendations for the Future of the Church and Global Mental Health

1. **Reduce stigma** by educating pastors, church leaders, congregations, and communities. (Christian)
2. **Integrate mental health into church health ministries** or include both when starting up. (Holistic and Systemic)
3. **Advocate** for the just allocation of resources for mental health at all levels. (Christian)
4. Use **comprehensive strategies** that include a continuum of care: education, prevention, screening, support and group approaches. (Holistic and Systemic)
5. Offer services to the community as **a witness to Christ**. (Christian)
6. **Collaborate** with other community groups and agencies. (Collaboration)
7. Utilize **task-shifting** to increase resources by training laypeople and volunteers for appropriate work while providing supervision. (Collaboration)
8. Address **social factors** impacting mental health like poverty and racism. (Christian, Holistic and Systemic)
9. Include **indigenous approaches** to healing. (Indigenous)
10. Consider using **available technology integrated with personal contact**. (Collaboration)
11. **Broaden training** for counselors to include program development, community approaches, supervision. (Indigenous, Holistic and Systemic)
12. **Develop forums, networks, and partnerships** for mutual learning and collaboration. (Collaboration)