**Mental Health Ministry Brainstorming Template**

**For Congregations**

*Use this template as a guide to help you and your mental health ministry team create a strategic plan for further developing your congregation’s mental health ministry initiatives.*

1. What were the top 5 mental health concerns/needs/interests expressed on our congregation’s mental wellness survey?
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7. What are we currently doing to help meet those concerns/needs/interests?
8. List some of the possible mental health-related workshops, trainings, presentations, etc. that would best meet the congregation’s needs at this time and list the estimated cost for each. Refer to pages 2-8 of the “Congregational Mental Wellness Survey Suggested Resource Guide” and the “Step-by-Step for Creating a Mental Health Ministry” document on the Mental Health Advocate Resource Page to assist you in determining possible events. Consider the target audience for each event (mental health ministry team members, church staff, elders and greeters, youth group, senior group, entire congregation, neighborhood, etc.)

Name of Workshop/Training/Pres. Target Audience Cost

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1. How frequently do we plan to hold these workshops/trainings/presentations? (Monthly, quarterly, twice annually, etc.)
2. Based on the above information, create a schedule of these workshops/trainings/events for the coming year:

Month Event

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1. What are some possible Bible studies/support groups/other supports our congregation can offer to our congregation and community based on our survey results, and are there any costs for such? Refer to pages 8-15 of the “Congregational Mental Wellness Survey Suggested Resource Guide” to assist in your determination. Consider the target audience for each study or support group (adult Sunday School Bible study class, youth group, women’s/men’s ministry, senior group, Stephen Ministry team, small groups, etc.) Use the chart below.

Name of Bible Study/Support Group Target Audience Cost

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1. Based on the above, create a time frame for holding these Bible studies and/or support groups over the course of the next year.

Month Bible Study/Support Group

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1. Are there any mental health-related books, guidebooks, toolkits, resources that we need for the continuing education and guidance of our mental health ministry team and church staff? Do we want to create a mental health resource library for our congregation? If so, what are the costs of these resources? Refer to pages 18 and 44-49 in the 2023 Mental Health Toolkit on Look Up Indiana for ideas: <https://lookupindiana.org/resources/toolkit>

Title of Book/Resource Cost

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1. How might we use the free faith-based resources on mental health on the Look Up Indiana website and help our congregation to become more familiar with them? <https://lookupindiana.org/faith-mental-health>
2. Based on our above plan, what are the total estimated costs for mental health ministry initiatives in our congregation for the coming year?