

# About Us

This free resource comes from a partnership between [Livability](#), [The Mind and Soul Foundation](#) and [Premier Life](#).

[The Mind and Soul Foundation](#) educates, encourages and enables the church on mental health issues. [Premier Life](#) covers a wide range of issues on health and life. [Livability](#) works with disabled and disadvantaged people and communities across the UK. Together we created this site in response to church leaders and those who attend church, who told us they needed help and support with mental health issues.

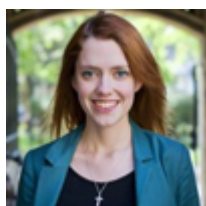
We want to offer the church a reliable, Christian-based resource which presents the facts on key mental health issues – all in one place. The site also points you to other trusted organisations, including Christian charities working in this field.

We know there's plenty of information online about mental health but finding it – and trying to sort the good from the bad – can use up hours that church leaders simply don't have. We hope the information you find on this site helps you to engage more effectively with mental health issues.

## Who's on the team?



**Rev Will Van Der Hart:** pastoral chaplain, Holy Trinity Brompton; director, The Mind and Soul Foundation



**Katharine Welby-Roberts:** Livability associate and spokesperson on mental health issues



**Dr Kate Middleton:** psychologist and author, specialising in eating disorders; director, The Mind and Soul Foundation



**Rob Waller:** consultant psychiatrist; director, The Mind and Soul Foundation



**Adam Bonner:** executive director of public engagement, Livability



**Jonathan Clark:** speaker and broadcaster, Premier Life

**With additional contributions from:**

- Roy McCloughry, vice-president, Livability, and national disability adviser in the Archbishops' Council of the Church of England
- Mat Ray, church engagement manager, Livability
- Kemi Bamgbose, campaigns coordinator, Livability
- Justyn Grant, mental health lawyer
- Chris Damant, Junior Doctor