

# Welcome to the mental health access pack

One in four people experience a mental health problem at some point in their lifetime. This is as true for those in the church as anyone else. It can be hard to know how best to support those with mental health issues.

Use the menu above to look for resources or click on:

- [common conditions](#)
- [caring for people](#)
- [practical tips](#)
- [what the Bible says](#)

Or [download the pack as a PDF](#) – the whole pack or just some pages.

Three organisations ([Livability](#), [The Mind and Soul Foundation](#) and [Premier Life](#)) have teamed up to provide this compact, free resource to:

- equip you with knowledge and advice, from medical, psychological and theological perspectives
- help you support those in your community who are struggling with mental health issues
- help you to discuss issues and share ideas surrounding mental health and the church

[Click here to see all of our endorsements](#)