PATHWAYS to Promise
Connecting Communities of Care

Mental Health Ministries
To erase the stigma of mental illness
A Program of Pathways to Promise

SPOTLIGHT

Summer 2025

Pathways to Promise & Mental Health Ministries

Mental Health Ministries, a program of Pathways to Promise, provides resources to erase the stigma of mental illness in our faith communities and create caring congregations for persons living with mental health challenges and their families.

Mental Health Multifaith Resource Center (MHMRC)

Our Mental Health Multifaith Resource Library is your comprehensive destination for mental health and wellness information. We have meticulously curated this resource center to ensure ease of use and to provide you with the most relevant materials. This library builds upon the outstanding work initiated by Rev. Susan Gregg-Schroeder, who founded Mental Health Ministries in 2001.

Visit the MHMRC

When Rev. Susan Gregg-Schroeder led Mental Health Ministries, she included a brief meditation in each issue of the Spotlight, which she called "Snippets from Susan." With her permission, we will include these occasionally in the Spotlight. Here's the one she wrote for the Spring 2016 issue:

"Loaves and Fishes"

By Susan Gregg-Schroeder
(lightly edited from "Snippets," in Spotlight, Summer 2012)

In a sermon, Bishop T.D. Jakes shared an interpretation of the familiar story of how Jesus fed five thousand after a young boy offered five loaves of bread and two fishes.

The first thing Jesus did was to BLESS what was not enough. Until we can be thankful when something is not enough, then what we have cannot be multiplied into that which is more than enough. Jesus only had five loaves of bread and two fishes when he blessed them. After he BROKE the bread, we lose count of the bounty. The blessing is in the breaking. Bishop Jakes said that what refuses to be broken refuses to be blessed.

The breaking of life produces the blessing of life. The most blessed people are those who have gone through something that broke them. All of us, no matter our faith tradition, have been broken. Many of us can look back and know that God was with us in our darkness and that the blessings of life multiplied in so many ways.

This summer I hope you will take time to give thanks for the blessings all around you.

Take time to claim your strength;

they are gifts of God.

Take time to have fun;

it's God's way of teaching you your strengths.

Take time to grow yourself;

only you can grow you.

Take time to trust yourself;

God trusts you.

Take time to share with others;

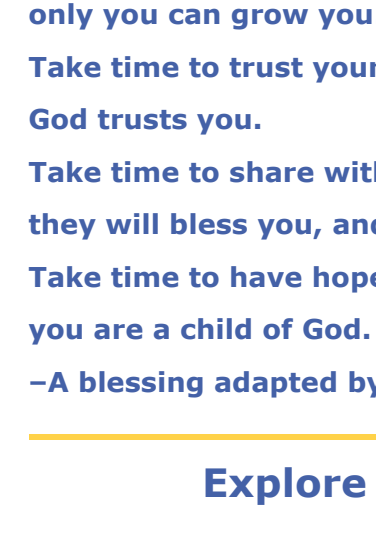
they will bless you, and you will bless them.

Take time to have hope,

you are a child of God.

–A blessing adapted by Catholic Door

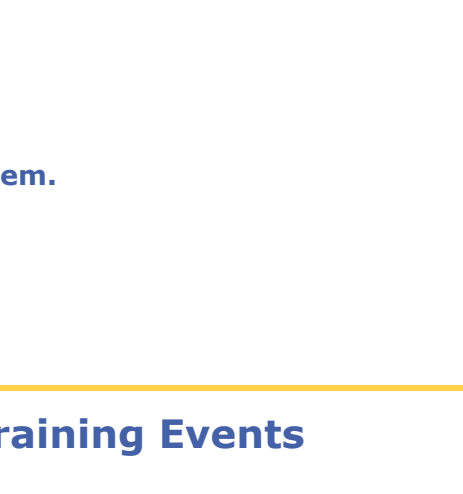
Explore Upcoming Training Events


JOIN US!
Become a Companion
Make a difference by learning how to come alongside people in distress.
3 HOUR VIRTUAL WORKSHOP

***Become a Companion* Workshop**

Wednesday, September 24, 2025, 5-8 pm CT

[Register for Become a Companion Here](#)

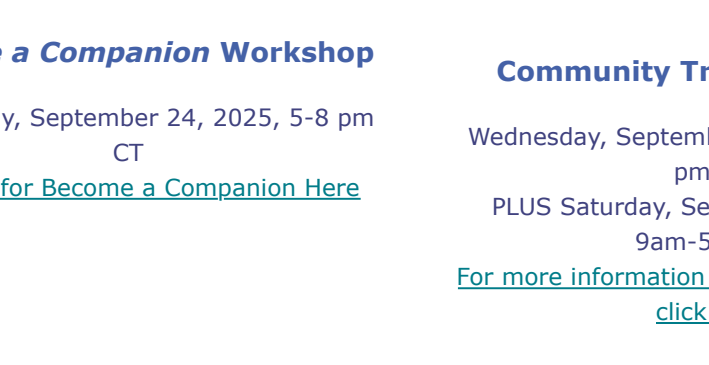

ATTEND
Community Trainer Training
Make a difference by becoming a Companionship Workshop Trainer!
2 DAY VIRTUAL COURSE
APPLICATION REQUIRED

Community Trainer Training

Wednesday, September 24, 2025, 5-8:30 pm CT
PLUS Saturday, September 27, 2025, 9am-5pm CT

For more information and to register/apply, click here

Learn More About Training Opportunities Here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APPLICATION REQUIRED

Attend *Taste of Companionship*

Taste of Companionship introduces Companionship and provides time for questions and answers, all in about half an hour.

- **Wed., July 21 , 12 PM CT, led by Rev. Mark Stephenson, Executive Director and Board President**
- **Wed., August 14, 7 PM CT, led by Rita Rippentrop, National Trainer**

(Contact admin@pathways2promise.org for Zoom support.)

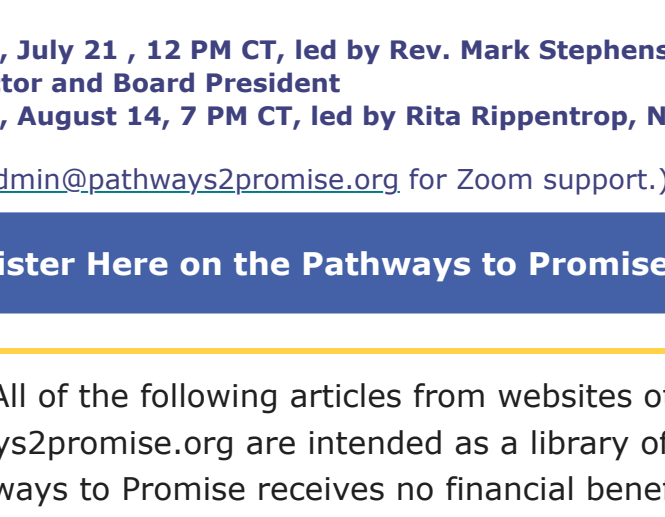
Register Here on the Pathways to Promise Homepage

All of the following articles from websites other than pathways2promise.org are intended as a library of resources only. Pathways to Promise receives no financial benefit from these organizations.

JULY

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for July.

July is Disability Pride Month



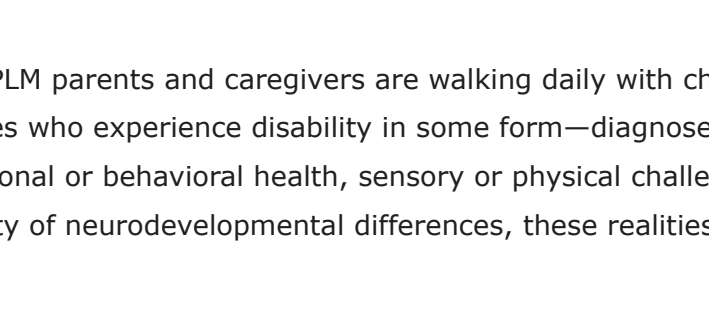
"Many OPLM parents and caregivers are walking daily with children or adult loved ones who experience disability in some form—diagnosed or not. Whether it's emotional or behavioral health, sensory or physical challenges, or the complexity of neurodevelopmental differences, these realities affect entire families.

Disability can bring barriers: to education, employment, treatment, or inclusion. As caregivers, we often advocate not just for our loved ones, but for our own well-being, dignity, and rest. Family mental health matters, too.

From personal experience, I know how challenges can be both visible and invisible. Our family has faced addiction recovery, ASD, and mental health diagnoses. Each journey has shaped us, and healing has come in layers—for the whole family."

Read More Here

July is National Mental Health Awareness Month



"July is National Minority Mental Health Awareness Month. It is a time to bring awareness to the unique challenges that racial and ethnic minorities in the United States face when it comes to mental illness. In 2020, fewer than one in every two African American adults got care for mental health. In 2018, Asian Americans were 60 percent less likely to receive mental health treatment than non-Hispanic Whites. Obstacles for many include a lack of health insurance, less access to treatment, and stigma."

Read More Here

July is International Self-Care Month

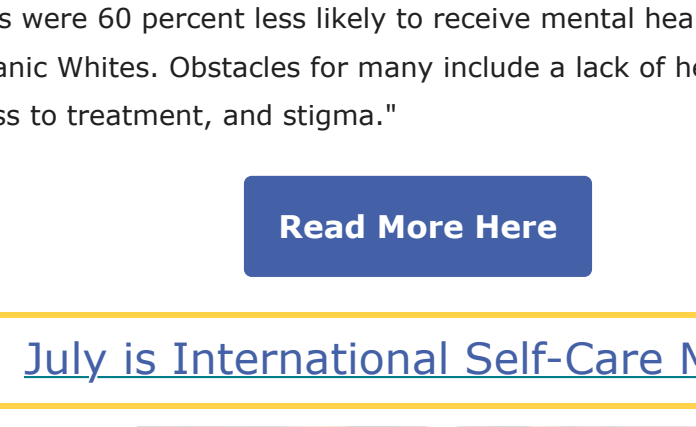
"24June marks the start of Self-Care Month, which ends with Self-Care Day on 24 July. This symbolic day was chosen because self-care can be practiced "24 hours a day/7 days a week".

Self-Care Month is an opportunity to:

- raise additional awareness about self-care and self-care interventions
- celebrate the benefits that they bring to people's lives and what's been achieved so far
- call for renewed commitments and action to expand health systems to include self-care interventions"

Click here to learn more

Self-Care Day - July 24



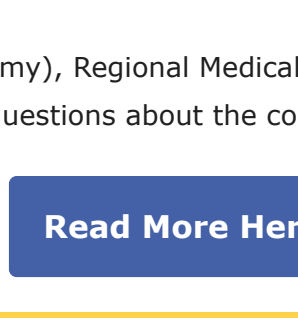
International Self-Care Day: What's Your ONE THING

Recently, I've been reading the book, "The ONE THING" by Gary Keller and Jay Papasan. In the book, the authors talk about how "extraordinary results are directly determined by how narrow you can make your focus." The question they encourage you to ask yourself is: "What's the one thing I can do, such that by doing it everything else is easier or unnecessary?"

I realized that this could be applied to every area of my life and, suddenly, self-care didn't seem so daunting anymore. When I looked at my morning routine, I asked myself, "What is the ONE THING in this long list of things that has the most positive impact on my day?"

Read More Here

National Schizophrenia Awareness Day - July 25

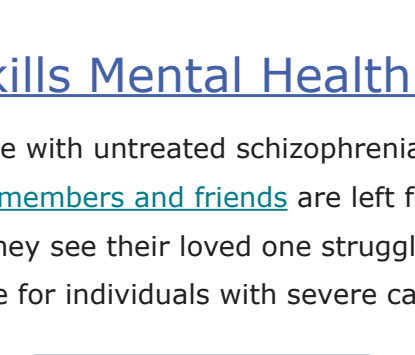


"National Schizophrenia Awareness Day, marked on 25 July every year by the charity Rethink Mental Illness, explores what it means to live with this much misunderstood and often stigmatised mental health condition.

In England, approximately one adult in every 100 will live with a diagnosis of schizophrenia.

Dr Arokia Antonysamy (Samy), Regional Medical Director (South), has answered some common questions about the condition."

Read More Here



Lifeskills Mental Health Blog

"Watching a loved one live with untreated schizophrenia is a distressing experience. Many family members and friends are left feeling helpless and sometimes hopeless as they see their loved one struggle to function in daily life. This is especially true for individuals with severe cases of schizophrenia."

Read More Here

National Disability Independence Day - July 25

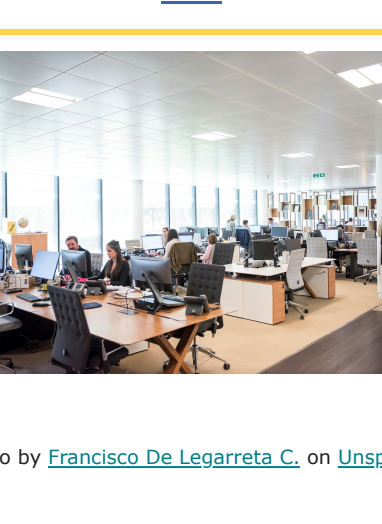


Photo by Francisco De Legarreta C. on Unsplash

Mental Health Conditions in the Workplace and the ADA

"Psychiatric disabilities have a unique dynamic in the workplace because they are both very common and very misunderstood. The purpose of this brief is to inform employers, job applicants and employees about:

- Legal issues around mental health conditions in the workplace.
- Practical strategies that can be used to ensure ADA rights for people with psychiatric disabilities are realized."

Read More Here

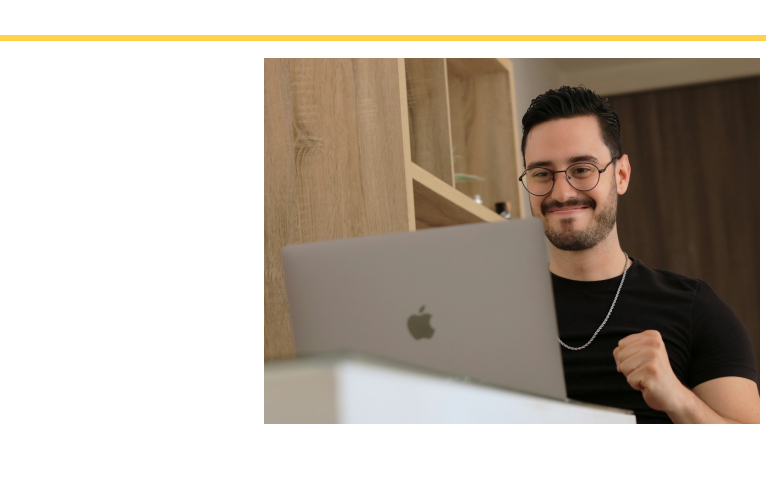


Photo by Arlington Research on Unsplash

Succeeding at Work

"At work you have to weigh the advantages against the disadvantages of being open about a mental health condition. Consider the potential negative impact on things like stigma from coworkers against your need for special accommodations, which are considered part of your civil rights. Stigma and stereotypes can also lead to discrimination. There are laws in place that protect you from discrimination and unfair practices on the job."

Read More Here

AUGUST

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for August.

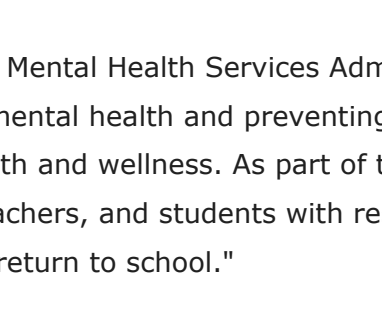
August is Back to School Season

"As the heat of the summer reaches its peak, and (hopefully soon) gives way to the cooler autumn breezes, it's time for children and youth to return to school. This transition — filled with excitement, anticipation, and some natural apprehension — is an annual ritual for millions of students across our nation. As we prepare for the new academic year, it's crucial to remember that school readiness isn't just about having the right supplies, it's also about mental health.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is committed to promoting mental health and preventing substance misuse as a critical part of overall health and wellness. As part of this commitment, we want to equip parents, teachers, and students with resources and tools to foster a mentally healthy return to school."

Read More Here

International Day of the Worlds Indigenous People - August 9

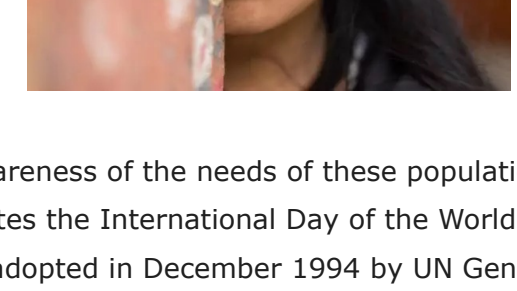


In order to raise awareness of the needs of these population groups, every 9 August commemorates the International Day of the World's Indigenous Peoples. This date, adopted in December 1994 by UN General Assembly resolution 49/214, marks the date ofthe first meeting of the UN Working Group on Indigenous Populations of the Sub-Commission on the Promotion and Protection of Human Rights held in Geneva in 1982.

Each year, UNESCO marks the celebration of the Day by sharing information on projects and activities that are relevant to the annual theme.

"On this day, let us remember that Indigenous peoples are actors of change, guardians of natural resources and carriers of unique worldviews, knowledge and skills. We must protect their traditions and ways of life – while respecting their rights."

Read More Here

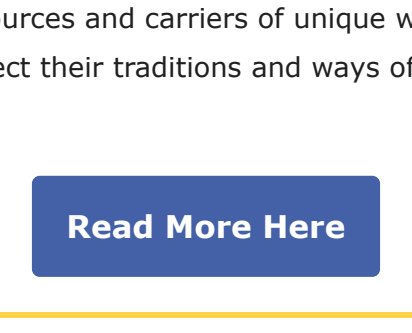


Strength of Our Roots: Indigenous Approach to Mental Health Full Documentary One Young World

"This documentary highlights the importance of a culturally aware approach to mental health, and how these young leaders are promoting that in their own cultures, while honouring their elders."

Read More Here

Women's Equality Day - August 26



"Women's Equality Day commemorates 26th August 1920 when votes to women officially became part of the US constitution. This day marks a turning point in the history of the struggle for equal treatment of women and women's rights."

Read More Here

Women's Equality Day: Nurturing Mental Health For Empowerment

"According to Medical News Today, gender inequality impacts women all over the world, in comparison to men through various avenues. This includes lower enrollment rates in schools, fewer job opportunities, and unequal pay for equal work. Additionally, women tend to have more unpaid responsibilities, such as caregiving and overall household tasks. These gender disparities can significantly impact women's mental health in various ways:"

Read More Here

National Grief Awareness Day - August 30

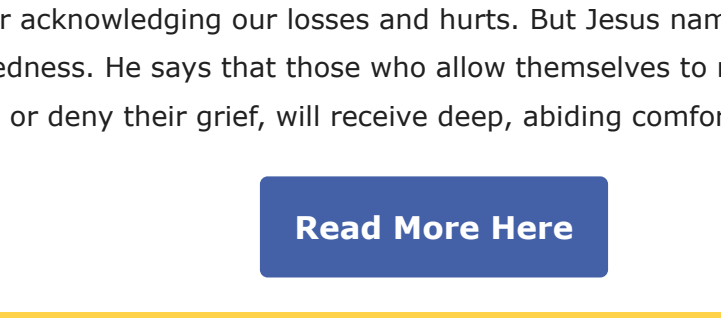


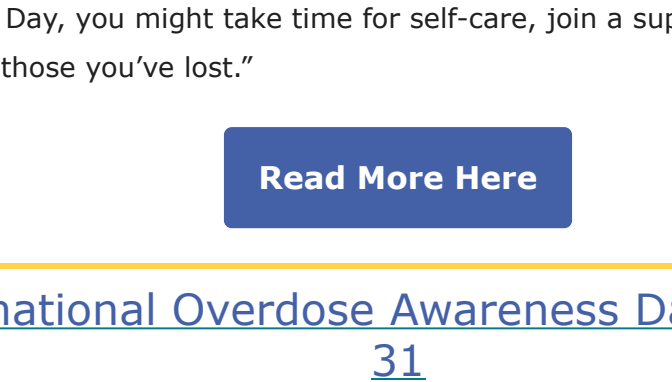
Photo by Transly Translation Agency on Unsplash

"In Matthew 5:4, Jesus says: *"Blessed are those who mourn, for they shall be comforted."*

These words stand at the heart of the Beatitudes—Jesus' vision of a life shaped by God's presence and compassion. It's a promise that may seem paradoxical in a world that often avoids pain and rewards appearances of strength and control.

Our culture tends to celebrate success stories and triumphs, often leaving little space for acknowledging our losses and hurts. But Jesus names a different kind of blessedness. He says that those who allow themselves to mourn, who refuse to numb or deny their grief, will receive deep, abiding comfort."

Read More Here

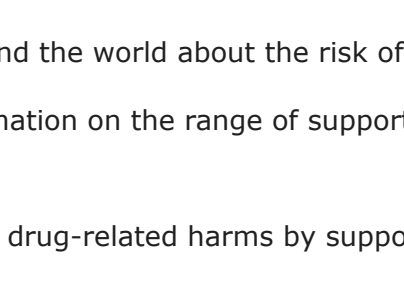


What is National Grief Awareness Day?

"Loss can be among the most challenging human experiences an individual can face. Coping with grief is seldom easy, whether you've lost a loved one or something you valued. National Grief Awareness Day, on August 30th of every year, is generally designed to raise awareness for the experience of grief, which can encompass a complex range of emotions. To recognize National Grief Awareness Day, you might take time for self-care, join a support group, and remember those you've lost."

Read More Here

International Overdose Awareness Day - August 31



International Overdose Awareness Day (IOAD) Toolkit

The goals of International Overdose Awareness Day are to:

- Provide an opportunity for people to publicly mourn loved ones.
- Tell people who use drugs and people in recovery that they are valued.
- Inform people around the world about the risk of drug overdose.
- Provide basic information on the range of support services that are available.
- Prevent and reduce drug-related harms by supporting evidence-based practice.

This IOAD, we affirm that when we work together to heal and empower communities, we can save lives and end overdose.

Read More Here

SEPTEMBER

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for September.

September National Suicide Prevention Month

988
SUICIDE
& CRISIS
LIFELINE

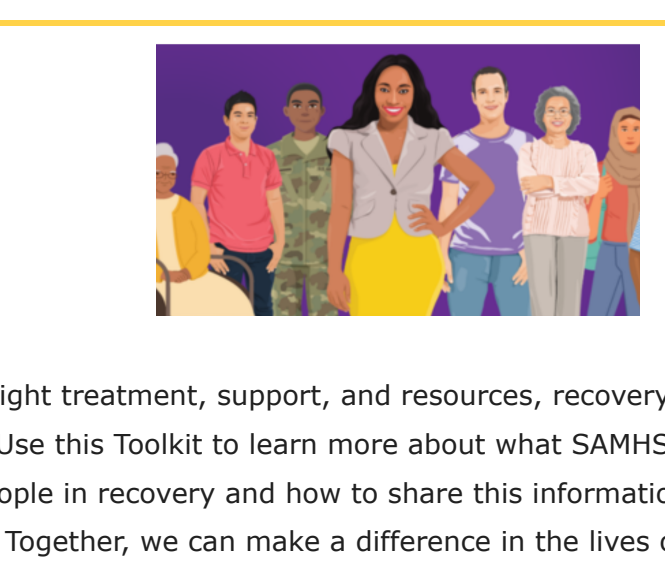
If you or someone you know is struggling or in crisis, help is available. Call or text 988, or text MHA to 741741.

No Suicide Attempt Should Be Dismissed Or Treated Lightly! Why Do People Attempt Suicide?

A suicide attempt is a clear indication that someone is struggling and needs immediate help. The majority of suicides worldwide are related to mental health disorders; depression, substance use, and psychosis are the biggest risk factors.

Read More Here

September is National Recovery Month



"With the right treatment, support, and resources, recovery is possible for everyone. Use this Toolkit to learn more about what SAMHSA is doing to support people in recovery and how to share this information with your audiences. Together, we can make a difference in the lives of those in or seeking recovery from mental and substance use disorders."

Read More Here

September is Hispanic Heritage Month (9/15-10/15)

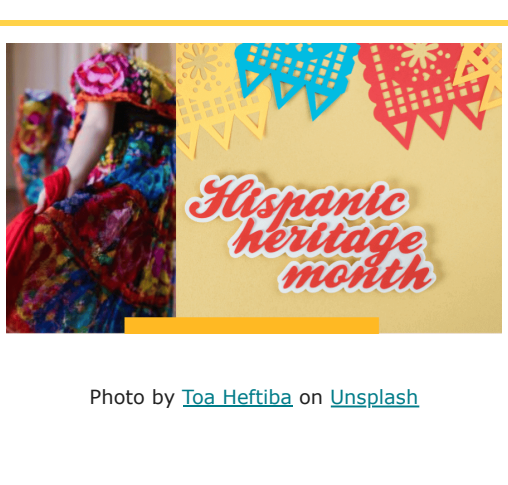


Photo by Toa Heftiba on Unsplash

"The first day of Hispanic Heritage Month is September 15, which is Independence Day for several Central American countries (Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua) and the day before Mexico's Independence Day – that's why the celebration month runs September 15 to October 15, rather than the first to the end of a month. As we come together to celebrate Hispanic Heritage Month, it's an ideal time to reflect not only on the rich cultural tapestry that shapes the Hispanic/Latinx community but also on an equally important aspect of well-being: mental health. The Hispanic and Latinx communities have made countless contributions to our nation's culture and history, but it's also crucial to address the unique mental health challenges faced by individuals within these communities."

Read More Here

National Suicide Prevention Week - September 7-13

"September 8-14 marks National Suicide Prevention Week, an annual campaign to educate the general public about suicide prevention and the warning signs of suicide.Here are some resources and learning opportunities to help you do that now and throughout the year."

Read More Here

National Psychotherapy Day - September 25

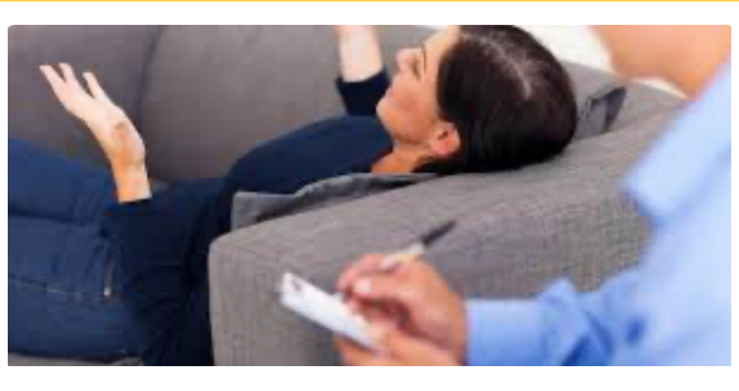


Photo by Edith Hulcoop on Unsplash

"In addition to medication, psychotherapy is one of the most important defenses against severe mental illness. In celebration of National Psychotherapy Day, raise awareness for the need and tear down walls by sharing some important information in person or on social media. Start with some of these facts"

Read More Here

MARK YOUR CALENDARS

July

All Month Long Themes -

BIPOC Health Month

Disability Pride Month

National Minority Mental Health Awareness Month

1 - International Joke Day

2 - Sarcoma Awareness Month

4 - Independence Day - USA

*5 – Islamic: Ashura

8 – Hijri New Year: Islamic New Year

*9 – Baha'i: Martyrdom of the Bab

July 14 – LGBTQ+: International Non-Binary People's Day

July 18 – UN: Nelson Mandela International Day

*23 – Rastafarian: Birthday of Haile Selassie

24 – Church of Jesus Christ of Latter-day Saints: Pioneer Day

24 -International Self-Care Day

25 - national schizophrenia awareness day

25 - World drowning prevention day -

26 - National Disability Independence Day

28 - World hepatitis day

August

All Month Long Themes -

Back-to-School Season

*1 – Lughnasadh

*3 - Tisha B'Av

9 – International Day of the World's Indigenous People

*13 – Tisha B'Av

15 – Roman Catholic: Feast of the Assumption

15-16 – Hindu: Krishna Janmashtami

August 19 – UN: World Humanitarian Day

18 – Lord Krishna's Birthday

21 – Jain: Paryushana begins

*25 – Arbaeen

26 – Krishna Janmashtami

26 – Women's Equality Day

27 – Hindu: Ganesh Chaturthi

30 - National Grief Awareness Day

31 - International Overdose Awareness Day

31 – Ganesh Chaturthi: Hindu festival celebrates Lord Ganesha's birth

September

All Month Long Themes -

National Suicide Prevention Month

National Recovery Month

Hispanic Heritage Month (9/15-10/15) - Latinx/Hispanic Communities and Mental Health

Week long themes

7-13 National Suicide Prevention Week

7-13 - Assisted Living Week

7-21 – Pitru Paksha

*5 – Islamic: Mawlid al-Nabi

10 - World Suicide Prevention Day

September 11 – US: Patriot Day

11 – Coptic Orthodox Christian: Nayrouz

15-17 – Rosh Hashanah: Jewish New Year

15-Oct 15 – National Hispanic Heritage Month

September 18 – UN: International Equal Pay Day

20 – HeForShe

17 - World Patient Safety Day

*22 – Pagan and Wiccan: Mabon

September 23 – UN: International Day of Sign Languages

*23-24 – Jewish: Rosh Hashanah

25 - National Psychotherapy Day

Reminder: All holidays marked with * begin the prior evening.

Also consider the following calendars for other important dates:

2025 Interfaith Calendar

2025 Diversity Calendar

Mental Health Ministries, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental health challenges in our faith communities. Join us in making a difference for those with mental health challenges and those who love and support them.

Click the button below to give a monthly gift of $30 (just $1 a day) or a one-time amount of $120 (which equals just $10 a month) or any amount you choose. You may also send a check to Pathways to Promise at the address below.

Thank you for joining us in supporting mental health needs!

Click here to give now

Pathways to Promise
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Saint Louis, MO 63163
(855) 464-3632
admin@pathways2promise.org

www.pathways2promise.org

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