

# Mental Health & Substance Abuse Resources

## Mental Health First Aid Training in Chicago

Tuesday, Dec. 3, 9:30 a.m.-noon, Fernwood Park, 10436 S. Wallace St. [RSVP](#).

## Grief After Sudden Loss: Finding Hope and Healing

[Faith leaders luncheon, Dec. 12, 11:30 a.m. - 1:00 p.m.](#)

[Free community presentation, Dec. 12, 7:00 - 9:00 p.m.](#)

### First Congregational Church of Western Springs

The sudden, sometimes traumatic death of a loved one can be life-changing for those left behind. Survivors may feel regret, guilt and anger over their loss, and oftentimes struggle with complicated grief. The presentation will address common reactions to sudden loss and offer coping strategies.

## Webinar: Suicide in Later Life: Who's at Risk and How You Can Help

Jan. 21, 2020, noon-1:30 p.m. ET

In the United States, persons aged 65 and older make up 13% of the population but account for 18% of all suicides. Dr. Judith Stillion will examine trends and hallmarks of elderly suicide and suggest approaches for working with seniors experiencing suicidal ideation. She will also discuss supporting family and friends when a suicide occurs. See [details](#).

## Brochure - "Mental Illness: Coping with the Holidays"

The holidays are meant to be a time of meaning. But they can be a stressful time even under the best of conditions. The brochure, "Mental Illness: Coping with the Holidays," provides helpful self-care tips for persons living with a mental illness, tips for families, friends and tips for communities of faith. Download this resource in [English](#) or [Spanish](#).

## Tips for Managing the Holiday Blues

Many people can experience feelings of anxiety or depression during the holiday season. People who already live with a mental health condition should take extra care to tend to their overall health and wellness during this time. Extra stress, unrealistic expectations or even sentimental memories that accompany the season can be a catalyst for the holiday blues. However, there are certain things you can do to help avoid the holiday blues. [Ken Duckworth, M.D., NAMI's medical director, shares advice for managing your health--both mental and physical--during the holiday season in this video.](#)

## Bulletin Insert - "What is Seasonal Affective Disorder?"

With SAD, as with all chronic mental illnesses and normal holiday stress, faith communities can be intentional about finding ways to encourage a healthy winter holiday season that focuses on faith, families and friends. For more information, see this bulletin insert/flyer, [What is Seasonal Affective Disorder \(SAD\)?](#)

## The Opioid Epidemic Practical Toolkit

"Helping Faith-based and Community Leaders Bring Hope and Healing to Our Communities." Published by the Partnership Center for Faith and Opportunity Initiatives at the Department for Health and Human Services.

## A resource for faith leaders on suicide prevention and support [Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During and After a Suicidal Crisis](#)

## Training videos

Mental Health and Chaplaincy's Faith Community and Clergy Training videos are designed to help faith communities and clergy care for and support veterans and persons with emotional and mental health struggles. See links to the videos [here](#).

## New locator tool for substance abuse treatment

The Department of Health and Human Services launched [FindTreatment.gov](#), a new website designed to help Americans looking for substance abuse treatment locate services near them. Visitors to [FindTreatment.Gov](#) can access information on treatment options, payment and insurance, and the locations of over 13,000 state-licensed treatment facilities across the United States.



FindTreatment.gov

**Millions of Americans have  
a substance use disorder.**

**Help is available.**

**Find a treatment facility near you**



## WRAP Facilitator Training



The Wellness Recovery Action Plan®, or WRAP®, is an evidence-based system that is used worldwide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. WRAP® Facilitator Training is for individuals ages 18 and older who will be facilitating WRAP® Classes. WRAP® Facilitator Training is offered twice a year in Illinois, and includes:

- A single one-hour pre-training conference call for

participants and their supervisors

- Six, full-day (six-hour), on-site training sessions (once a week for six weeks)

One full-day (six-hour) Refresher

Learn more about [facilitator trainer training](#).

## The Intersection of Spirituality and Mental Health Practice

**March 27-29, 2020**

**American Islamic College**

**640 W. Irving Park Road, Chicago**

The the 12th Annual Muslim Mental Health Conference by the Michigan State University Department of Psychiatry brings together scholars, faith leaders, healthcare providers and researchers to examine topics related to mental health across the Muslim community. It will include keynote speakers, scholarly research presentations and panel discussions. Note that there will be parallel tracks, one for Islamic Psychology and one for General Muslim Mental Health. [Learn more and register.](#)