Northern Illinois District
The Lutheran Church—Missouri Synod

Equipped to Care

What would you do if someone at your church had a mental health need? Maybe they've stopped engaging in bible study and seem off. You've heard them say a few off-hand comments about something they're struggling with, and they look disheveled and distant. Your gut tells you something is up, but what do you do?

As Christians we have a communal call to love others, and we desire to help when we see a need. But sometimes words fall short when we see someone having a tough moment. Maybe we don't want to upset them or seem nosy. Or the need seems so great that we feel inadequate and unhelpful. A mental health moment is a very real need, much like a physical injury that requires attention. First aid teaches you how to bandage a physical wound and care for someone until professional help arrives. In a similar way, Mental Health First Aid teaches ordinary people how to care for someone experiencing a mental health need.

Mental Health First Aid is a one-day workshop that destigmatizes mental health and empowers participants to recognize the early warning signs of a mental health need. Participants also learn how to give immediate care and support, and then ways to guide them to additional, potentially professional help.

Mental Health First Aid gives you the tools to know ways to approach that person in Bible study who is struggling. Or the coworker who is battling negative thoughts and feelings. Or someone in your household who wrestles with their mental wellbeing. Mental Health First Aid even invites you to consider your self care, especially as you care for others. That's why this workshop is perfect for anyone who cares about others! It's great for church workers, lay leaders, administrators, teachers, anyone in a caring role. You don't need to be an expert to make a difference. You just need the desire and a helpful approach!

The LCMS Northern Illinois District is excited to begin offering free Mental Health First Aid trainings. Our first date will be January 15, 2027. Watch for updates and important information coming soon! Also reach out if you have any questions about the training.

We look forward to continuing to equip the NID with tools to care for our overall well-being, and especially our mental wellness through the MHFA trainings!

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