



Disability Ministries



Mental Health and Wellness

Established in 1949 and observed in May, Mental Health Awareness Month highlights the importance of mental health and wellness for people everywhere. The spring issue of Living Lutheran includes an article and study guide titled [“Mental Health in a Sick World,”](#) encouraging faith communities to learn more about mental health and wellness and how we might help one another. Follow the link to the study guide and share it with your congregation and Bible study group (the story debuts online May 5).



Disability Ministries Blog: Short Update

Hello, friends! On the [Disability Ministries blog](#), the Rev. Lisa Heffernan, coordinator for ELCA Disability Ministries, offers an update on 2025 grants and our search for additional members to join our advisory team.

FEATURED RESOURCES

Pathways to Promise

Founded in 1988, [Pathways to Promise](#) describes itself as “a multifaith and multicultural mental health support organization that addresses the need for comprehensive mental health support for any person with a mental health condition and those who surround them.”

The Pathways to Promise [resource center](#) offers a variety of information and materials for different ministries, groups and individuals working together to support mental wellness.



MARK YOUR CALENDAR

- April is Autism Acceptance Month. Check out the following articles from *The Christian Century* and ELCA Coaching (2023 and 2022) as we remember and celebrate the gifts of our autistic lay members and rostered leaders.
 - [Five ways your church might already welcome autistic adults](#)
 - [On the Spectrum: Autism, Faith, and the Gifts of Neurodiversity](#)
- May is Mental Health Awareness Month. For a look at some helpful resources, check out the following links:

- [“How Lutheran Campus Ministry Is Called to Support Students’ Mental Health” | Living Lutheran](#)
- [ELCA social message, “The Body of Christ and Mental Illness”](#)
- [Mental Health Awareness Month | SAMHSA](#)
- [Mental Health Awareness Month | NAMI](#)
- May is also ALS Awareness Month, calling attention to the neurodegenerative disease amyotrophic lateral sclerosis.
- May 12 is Fibromyalgia Awareness Day, calling attention to this chronic disorder.



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