

THE SANCTUARY COURSE

PARTICIPANT'S GUIDE

Thank you for choosing to participate in *The Sanctuary Course*. This course is for...

- People with questions about mental health
- Mental health professionals with a wealth of knowledge to share
- Leaders who want to engage their community in mental health conversations
- People supporting loved ones with mental health problems
- People living with mental health problems

Your questions, your experiences, and your knowledge are valuable and will enrich the group discussions. Everyone has something meaningful to contribute to the conversation because mental health affects us all. Now here is what you can expect from this course.



There are **eight topics covered**. You will explore the opportunity for Christian engagement in the mental health conversation, expand your understanding of mental health, examine the realities of mental illness, consider the effects of stigma, define the principles and processes of recovery, reflect on the importance of companionship, learn about self-care, and discuss ways that your community can support mental health.



There are **discussion questions**. Each session includes several discussion questions. However, there is no obligation to participate in discussions. Please only share when you are ready, and do not share more than you are comfortable. You may find it helpful to follow this guideline: talk about scars, not wounds. If an experience is fresh and painful, it may not be helpful to explore it in a group setting. If you have some distance and perspective, though, you may be ready to share.



There are **films**. Each session includes a short film where people of faith share personal stories about mental health, mental illness, and suicide. A description of the film content will be included in each session. Please read this description before viewing the film, and let your leader know if you would prefer to step out of the room to avoid triggering content.



There are **group guidelines**. These guidelines are located in Appendix A and are designed to help create an atmosphere of safety and respect in your group. Please follow them, along with any additional guidelines your group may agree upon.

Thank you again for investing your time in this course.