



Mental Health Ministries

VIDEO RESOURCES

Our Mission: to erase the stigma of mental illness in faith communities and to encourage health care providers to incorporate spiritual issues in treatment plans.

- #100 “Creating Caring Congregations”**
2003 Telly Award  Three people share their stories of living with mental illness. The video also outlines a 5-step plan communities of faith can adopt to begin programs intended to meet the needs of people who have mental illnesses and their families.
- #101 “Understanding Depression”**
The video’s true stories about the hope of recovery counter stigma-induced shame, myth and misinformation that keep up to one-half of depressed people from seeking treatment.
- #102 “Teenage Depression and Suicide”**
Depression in children and adolescents is easily missed unless parents, teachers and medical personnel recognize its signs and symptoms.
- #103 “Overcoming Stigma, Finding Hope”**
All too often, the term “mental illness” evokes inaccurate, stigmatizing stereotypes.
- #104 “Gifts of the Shadow”**
Rev. Susan Gregg-Schroeder discusses six gifts of the shadow she discovered in her journey with depression and reveals how they become opportunities for growth and transformation.
- #105 “Addiction and Depression”**
Addiction to alcohol and/or drugs often masks an underlying depression. Three persons share their stories of addiction and depression that end in recovery and hope.
- #106 “Eating Disorders: Wasting Away”**
A mother’s struggle to save her anorexic daughter highlights the human tragedy of eating disorders. Relationship dynamics are explored as a mother and daughter share their thoughts, fears and hopes.
- #107 “Anxiety: Overcoming the Fear”**
For some 23 million Americans, anxiety is more than a simple case of the nerves. These fears can be as crippling as any serious physical illness. Help and hope are available.
- #108 “Alzheimer’s: Care and Support”**
Alzheimer’s disease is the most common cause of dementia among adults 65 and older. Partners of Alzheimer’s sufferers tell their stories.
- #109 “Mental Illness and Families of Faith”**
2004 Telly Award  Mental illness strikes one in four families. When a family member has a mental illness, the whole family is affected. Communities of faith respond to the needs of two families impacted by mental illness.
- Complete Set of 10 Tapes**

Tapes are \$20 each and include a Discussion Guide. Please indicate the number of tapes you want to purchase and send all checks and money orders (payable to Mental Health Ministries) to:
Mental Health Ministries, c/o Rev. Susan Gregg-Schroeder, 6707 Monte Verde Dr., San Diego, CA 92119.

Shipping and handling costs are \$4.00 for one to three tapes; \$8.00 for up to six tapes.
All ten tapes are available for \$159.00 plus \$10 shipping and handling.
For more information, visit www.MentalHealthMinistries.net
or contact Rev. Susan Gregg-Schroeder at sgschroed@cox.net

