

# May is Mental Health Awareness Month

As followers of Jesus Christ we recognize each and every person is fearfully and wonderfully made in the image of God and beloved by God, and therefore has inherent dignity and worth.

It is estimated that nearly 1 in 5 adults in the U.S. experiences some type of mental illness in a given year, with increased prevalence in adolescents. If you are living with mental illness or are supporting someone who is, your personhood and journey is important to God, and it is important to us.

## Resources for Mental Health Assistance

### For People in Crisis:

- **988 Suicide & Crisis Lifeline** - Call or text **988**. Webchat available at **988lifeline.org**. Accommodations for people who are deaf or hard of hearing and additional resources can be found at **988lifeline.org**.

### NAMI- National Alliance on Mental Illness

- Information and resources: [nami.org](http://nami.org), 1.800.950.6264
- Helpline: **nami.org/help**; Text "**HelpLine**" to **62640**
- Local NAMI Support Group the first Tuesday of each month, Bon Air Baptist Church, 2531 Buford Rd., Richmond 23235
- NAMI CVA (Central Virginia): [namicva.org](http://namicva.org) // 804.285.1749

### Local Resources:

#### Chesterfield County

Direct Crisis Intervention - **available 24/7: 804.748.6356**

[chesterfield.gov/878/Mental-Health-Support-Services](http://chesterfield.gov/878/Mental-Health-Support-Services)

**If someone's life is in immediate danger, call 911.**

**Full Circle Grief Center:** Provides support for grieving families, individuals, and communities. [fullcirclegc.org](http://fullcirclegc.org) // 804.912.2947.

**Virginia Institute of Pastoral Care:** Provides counseling. [vipcare.org](http://vipcare.org) // 804.282.8332

**Shepherd's Staff Ministry:** Provides counseling and coaching. [shepherd-staff.org](http://shepherd-staff.org) // 804.327.0707

## A Psalm for Tough Days

*Be merciful to me, O God;  
be merciful to me,  
for in you my soul takes  
refuge;  
in the shadow of your wings  
I will take refuge,  
until the destroying storms  
pass by.*

- Psalm 51:1 (NRSV)

## A Prayer for Strength & Confidence

*Heavenly Father,  
giver of life and health:  
Comfort and relieve those  
challenged by serious and  
chronic mental and  
emotional illnesses. Give  
your power of healing to  
those who minister to their  
needs, that they may be  
strengthened in their  
weakness and have  
confidence in your loving  
care; through Jesus Christ  
our Lord. Amen.*

Source: NAMI Faithnet

## 2026 Mental Health Month Action Guide

*Online activities,  
articles, tools,  
and practical  
resources*



Provided by Mental  
Health America  
[mhanational.org](http://mhanational.org)



**Huguenot Road Baptist Church**

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