

## Breaking Down the Stigma of Mental Health Issues

General Conference of Seventh-day Adventists





## Description

Since its beginning, the Seventh-day Adventist Church has been committed to whole-person care and the restoration of life as God created it to be. Historically, the Seventh-day Adventist Church has promoted the health of the body and soul, and we now sense the need to increase our emphasis on mental health and wellbeing. This is part of the mandate of the Seventh-day Adventist Church: "To deal with minds is the greatest work ever committed to men."

ReMinded is a comprehensive mental health resource being developed by GC Health Ministries.

## The purpose is to:

Raise awareness and break down the stigma of mental health issues. Support people affected by mental health challenges through developing an understanding of mental illnesses, their causes, beneficial interventions, and appropriate treatments.

Support families, friends, employers, pastors, teachers, health professionals, and others who seek to understand, support, and minister to people with mental health challenges through educating them about mental illnesses.

ReMinded will be comprised of freely available resources such as animation videos, short films, podcasts, articles, books, etc. on the website and on a dedicated app. It may be accessed individually or shared in various group contexts such as seminars, support groups, classrooms, etc. ReMinded is designed to be easily accessible to the users, and to be costeffectively adapted and translated to

www.reminded.org

various cultures and languages.



- Depression-series animations and short film: June 2022
- Trauma-series animations and short film: June 2022
- Anxiety-series animations and short film: December 2022





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