

March/April 2024 Newsletter

# Mental Health Oasis

Isaiah 43:18-19 Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland.

## MHO in Our Community

Check out our new Instagram site where you will find creative posts on our weekly meeting topics, as well as upcoming events and inspiration content. Search Instagram for:

**mcbcmh** (mcbc mental health)

**NEW RESOURCES for TEENS and YOUNG ADULTS in website:**

<https://mentalhealthoasis.com/>



## Mental Health Training

**SUCCESS!** Our first QPR training on March 23rd from 9:30 to 11:30 was well attended and most informative. We now have 8 more people **certified** "Gatekeepers" for those in need.

Sign up now! Adult MHFA training on April 20th from 9A to 5P. All materials, food and snacks included in registration fee. Please contact Anne Kelly @ [annekellychapelhill@gmail.com](mailto:annekellychapelhill@gmail.com) if you would like to be included in the upcoming MHFA training. These are sometimes hard subjects to face in our personal lives and the trainings provide support, community and hope among us, giving us tools to employ and confidence to apply them in various circumstances.

**Become a Mental Health First Aider!!! (8 Hr Training)** Learn how to develop and apply **ALGEE**-a 5 Step Action Plan to use in every mental health situation, just like First Aid or CPR. **A**pproaching/assessing, **L**istening non-judgmentally, **G**iving reassurance/information, **E**ncouraging appropriate professional help and **E**ncouraging Self Help and other support strategies.

**Class offerings for both Adult and Youth**

**QPR Suicide Prevention Training (2 Hr Training)** **Q**uestion, **P**ersuade, **R**efer

Feel helpless to effect positive change in someone's life?

Become a change agent through Innovative, Practical and Proven Suicide Prevention Training.

## Mental Health Oasis Nights

January 10th marked the beginning of a "new thing" in our community called Oasis Nights, beginning @5p, fellowship, 5:30p community dinner, 6:20 program, followed at 7p activities and small group meetings including MHO (Ruth Room) and Grief Oasis (Fireplace Room).

MHO will have the program in the Fellowship Hall on the 2nd Wednesday of every month! Power point presentations can be viewed when available on our website, [mentalhealthoasis.com](https://mentalhealthoasis.com) or accessed via the church website: [mcbc1803.org](https://mcbc1803.org)

Caritas Curriculum has included: Multidimensional Self-Care, Sleep Hygiene, 3 Good Things/Journaling, Keys to Resilience, Mental Health 101, Lay Your Burden Down, Promoting Emotional Wellness, Faith as a protective factor, and Open

# Mental Health Oasis Small Group

We are so excited to introduce this new weekly Oasis Group and look forward to seeing many of you participate.

The purpose is twofold. The first being to shine a light on mental health concerns, to educate and equip our congregation and community in regards to mental health wellness, challenges and disorders; to recognize ways to meet these challenges and to significantly improve our daily lives, personally and in community with others. Secondly, we offer an opportunity for a safe and caring environment to share your concerns and receive unconditional love, caring and hope.

We are meeting in the Ruth Sparrow classroom from 7-8pm. We welcome each of you. Remember, you are never alone. We want to share your burdens as well as your successes and offer resources and a listening ear and a caring heart.

Look for the candle in the window and know we are praying for you whether you are present or not.

Upcoming topics will include more Emotional Wellness discussions, Mindful Breathing, Gratitude Journaling, Breath Prayers, Contemplative Practices and more!

We also have a new brochure. (see photo below)

Volunteer opportunities include Greeters, to meet and direct folks to the MHO Meeting Room on Wednesday evenings,



## MHO Brochure



## Emotional Wellness Checklist



## MHO Website



## Shining a Light



Do you have questions or need support for **mental health and illness resources**? You are welcome to join us at the weekly **Mental Health Oasis Support Meetings** Every Wednesday from 7 pm -8 pm Mt. Carmel Baptist Church 2016 Mt. Carmel Church Road, Chapel Hill

For information, call (919) 933-8565 or visit our website



YOU ARE NOT ALONE



**24/7 Hotline: 988**

If in crisis, please call or text the National Suicide & Crisis Lifeline. If calling 911, ask for a Crisis Intervention Team (CIT) Officer.

Remember that uplifting music and looking at images of beautiful and magnificent things improve your resilience and can elevate your mood for many days, weeks and even months! So indulge yourself!



Music: I Speak the Name of Jesus  
Steve McWhirter YouTube

