



When the world comes crashing at  
your feet,, it's okay to let others  
help pick up the pieces.  
~UnameD

*THANK YOU FOR JOINING US TONIGHT!*



National Alliance on Mental Illness

**nami**

**Southern  
Arizona**

6122 E. 22nd Street, Tucson, AZ 85711

520-622-5582

[www.namisa.org](http://www.namisa.org)



# CANDLELIGHT VIGIL

FOR MENTAL ILLNESS RECOVERY  
AND UNDERSTANDING

**Cancer Survivors Plaza, Reid Park**  
**Tuesday, October 4, 2022**  
**6:00-7:00 PM**



## NOW YOU'VE RECOVERED

When you recover, what will you do?  
When you recover, will you still be you?  
Will you be stronger, will you be new, when you re-  
cover from what pain you've been through?  
The journey to wellness takes time and is long.  
And those that get well are exceptionally strong.  
For mental illness can hurt, but you have survived.  
Your goal to recover has kept you alive.  
Now you're recovered, what will you do?  
You suffered and conquered what will you do?  
Back from the black and abyss of despair.  
It's time to move on with your new inner strength;  
It is time to once again care.

*~ Shelly Jernigan*

## ABOUT MENTAL ILLNESS

One in five Americans will experience a serious mental disorder in his or her lifetime, including major depression, bipolar disorder, schizophrenia and severe anxiety disorders.

Mental illnesses are no-fault, biologically based brain disorders which cause disturbances in thinking, feeling and/or relating. Persons living with these disorders deserve the dignity of medical treatment and a wide range of supportive services from mental health care providers and caring congregations.

Though the majority of individuals living with mental illness can successfully be treated, stigma and misinformation continue to be significant barriers to treatment:

- One-third of the homeless have mental illness.
- Ninety percent of persons who die by suicide have had a diagnosable serious mental illness.\*
- There are more people with serious mental illnesses in jails and prisons than in state mental institutions.

\*National Institute of Mental Health. (2019). *Suicide in the U.S.: Statistics and Prevention*. September, 2019, [www.nimh.nih.gov/health/statistics/suicide](http://www.nimh.nih.gov/health/statistics/suicide)

You can get a free depression screening at [www.helpyourselfhelpothers.org](http://www.helpyourselfhelpothers.org)

---

## WHY WE CARE

*“People living with mental illness are our neighbors.*

*They are members of our congregations, members of our families; they are everywhere in this country. If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries of help come. A problem of this magnitude will not go away. Because it will not go away and because of our spiritual commitments, we are compelled to take action.”*

*—Rosalynn Carter*

## A UNIQUE OPPORTUNITY FOR FAITH COMMUNITIES

Churches, temples, mosques and other faith communities reach 70 percent of the American population each month. In the U.S., clergy outnumber psychiatrists by nearly 10 to one and are more equitably distributed geographically than health professionals.

The church can fight against misinformation, indifference and ridicule of people living with mental illness by educating both youth and adult congregations. Families affected by mental illness are challenged by some serious faith questions, just as others going through experiences that ask much of them. Educated faith communities can offer emotional, relational and spiritual counseling to persons touched by mental illness.

Education and awareness are valuable keys to shattering the silence and barriers that surround treatment. By dispelling myths, ignorance and fear, congregations liberate persons touched by mental illness to share their struggles, seek help, regain hope and set out on a new course toward recovery.

Recovery is possible. Faith communities can play a significant role in the healing process by bringing solace and a sense of wholeness. Learn all you can; do all you can. Take action. Speak out. Advocate.

**For more information or if you would like to know how you can help bring mental illness awareness to your faith based community, please contact:**

Interfaith Community Services (ICS)  
(520) 297-6049  
(520) 731-3076 (eastside location)  
[icstucson.org](http://icstucson.org)

NAMI Southern Arizona - Faithnet Coordinator: Judi Maikoff  
[jmaikoff@namisa.org](mailto:jmaikoff@namisa.org)  
(520) 622-5582

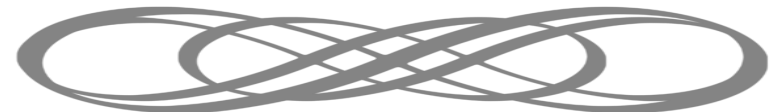
# MULTI-FAITH MENTAL HEALTH MINISTRY RESOURCES

- **Anabaptist Disabilities Network**  
adnetonline.org
- **Archdiocesan Commission on Mental Illness**  
miministry.org
- **Episcopal Mental Illness Network**  
eminnews.com
- **Jewish Community Mental Health (Jami)**  
jamiuk.org
- **Mental Health Ministries**  
mentalhealthministries.net
- **Mennonite Media**  
mennomedia.org
- **Mental Illness Education Project**  
miepvideos.org
- **The Institute of Muslim Mental Health**  
muslimmentalhealth.com
- **NAMI FaithNet**  
nami.org/faithnet
- **Pathways to Promise**  
pathways2promise.org
- **United Church of Christ Mental Illness Network**  
mhn-ucc..org
- **Virginia Interfaith Committee on Mental Illness Ministries**  
vaumc.org

# A SERVICE OF RECOVERY AND REMEMBRANCE

## PROGRAM

- 6:00 - 6:10 Welcome by Christina Bickelmann**  
*Executive Director, NAMI Southern Arizona*
- 6:10- 6:15 Speaker**  
Felicia Nunez
- 6:15 - 6:35 Candle Lighting Ceremony,**  
**Father Rick Wilson**  
*St. Matthews Episcopal*
- 6:35- 6:50 Personal stories of mental illness  
recovery and hope by:**  
Trish Carter  
Lisa Cole
- 6:50 - 7:00 Invitation to Share**  
*Please feel free to share your story or a special  
prayer for someone affected by mental illness.*



# CANDLE LIGHTING CEREMONY

We light the candle of **FAITH** to dispel doubt and despair for those who have lost hope and are discouraged, knowing that with the warm glow of faith, all things are possible.



We light the candle of **TRUTH**, that God will help us dispel ignorance and misinformation about major depression, bipolar disorder, schizophrenia, severe anxiety and obsessive-compulsive disorder.

We light the candle of **HEALING**, that troubled minds and hearts, broken lives and relationships might be healed.

We light the candle of **UNDERSTANDING**, that the darkness of stigma, labels, exclusion and marginalization might be dispelled for the sake of those touched by mental illness.

We light the candle of **GRACE** to dispel the darkness of guilt, blame and loss for those with broken lives and broken relationships.

We light the candle of **HOPE** for persons and families living with mental illness, for better treatment, for steadier recovery, for greater opportunity to work and serve.

We light the candle of **JUSTICE** to dispel the darkness of inequities and injustice for those who are incarcerated and untreated with mental illness.

We light the candle of **PEACE** for those who have experienced trauma or torment, violence or abuse.

We light the candle of **THANKFULNESS** for compassionate, dedicated caregivers and better medications.

We light the candle of **STEADFAST LOVE** to remind us of God's love and faithfulness and to remind us to share the light of love and service for those living with mental illness.

