

Faith in Action: Loneliness and Mental Health



Companion Resource for: Loneliness & Mental Health – How the Church Can Heal a Hurting Generation

For Churches (Leadership/Ministry Teams)

- Evaluate: Do our members feel truly known, or merely attended?

- Re-center: How can we shift energy from running programs to building relationships?

- Empower: What safe space can we open for honest conversations about mental health?

Notes / Action Plan:

For Readers / Individuals

- Reach out: Text or call one person you suspect may be lonely.

- Listen: Ask, 'How are you really doing?' Then take time to hear the answer.

- Share: Be honest about your own struggles, because vulnerability invites connection.

Notes / Action Plan:

Commitment

I will commit to the action step below to fight loneliness with love this week.

Signature: _____ Date: _____