<u>Disclaimer for Spirituality Resource List</u>

The resources listed below are offered as a starting point for clinicians and consumers to locate organizations that may support their spiritual journey.

Organizations listed have been placed on the list for a variety of reasons. Some have been referred to us by members of the organization itself. Others have been attended by consumers and, in their experience, were found to be welcoming to people with mental illness/substance use problems.

We recognize it is not possible to guarantee a stigma free experience for our clients for a variety of reasons. We hope that you will pursue options on this list with an open mind. It would be helpful to us if you would share your personal experiences with us—positive or negative-- so that we might update the list based on first hand reports.

Remember it is common to feel like an "outsider" at first in any new situation. If it feels safe to do so, please consider giving any new place a few good tries before deciding if it is the right place for you.

Above all, if you have any concerns, please discuss them with people you trust. Your experience is valid and is part of your spiritual journey. No matter what, don't ever be deterred from your path, but continue to seek. Please contact us with any questions or concerns that arise.

Suggested questions to pose to organizations:

1) Is there a contact person we could provide to our consumers if they have questions before attending one of your services?

2) On a scale of one to five, how receptive do you think your congregation would be to someone with a mental illness? (With one being uncomfortable and unfamiliar with people with mental illness, and five being very practiced in dealing with those with mental illness.)

3) What concerns would you have about someone with a mental illness attending one of your services?

4) How could we support you in offering a space to people with mental illness?

5) What do you value about people with mental illness? What are your fears or concerns?