



About Us

The Spirituality Initiative works to cultivate inclusive spaces where clients, consumers, family members, providers and community members can join together in a collective journey to delve into, enhanced awareness of and uphold spirituality and its profound impact on health and well-being. Our focus extends particularly to individuals struggling with behavioral health challenges. Through collaborative efforts, we strive to foster a deeper understanding of Spirituality and its role in fostering resilience, recovery and wholistic wellness.

Join Us

Spirituality Initiative Monthly Meetings are held on the 2nd Tues of every month from 12:30 PM - 2 PM.

Please contact the co-chairs for Zoom info.

Stipends are available for community members and behavioral health clients who attend our meetings.

Contact Us:
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Learn more about Spirituality Initiative



Learn about other Health Equity Initiatives

Spirituality Initiative is supported by San Mateo County Behavioral Health and Recovery Services, Office of Diversity and Equity. It is one of nine Health Equity Initiatives funded by the voter-approved Mental Health Services Act (Prop 63).



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES

Our Vision

San Mateo County (SMC) Behavioral Health and Recovery Services (BHRS) is committed to whole-person care, seamlessly incorporating spirituality into our interactions with individuals, families, and communities to promote wellness and facilitate recovery journeys.

Our Values

Hope: We acknowledge the transformative power of hope as a fundamental catalyst for healing and restoration.

Inclusiveness: We honor the diversity of spiritual beliefs and practices, ensuring that every individual is embraced and respected without exclusion or discrimination.

Cultural Humility: We cultivate an environment of respect and openness, and acknowledge the importance of cultural humility in creating a safe and inclusive space for all.



Activities

- May Mental Health Awareness Month Open Mic Event.
- Annual Interfaith National Day of Prayer in October.
- Spirituality 101, 102, 103 trainings with BHRS programs, Community Based Organizations, & Faith Communities.
- Partnerships with Voices of Recovery, HEI's, Islamic Network Group, Hindu Speakers Bureau, SMC Office Racial & Social Justice
- Support the BHRS Spirituality Policy



Did you know

It is likely that someone you know is managing a behavioral health condition, even if they appear to be active and engaged in the community.

Yet, despite the prevalence, over half of individuals with mental health concerns aren't receiving the support that could help. This is often due to the stigma attached to mental illness which leads to the fear of being judged by others.

It is essential to recognize that behavioral health conditions are indeed medical conditions, and recovery is both feasible and attainable.

For many individuals grappling with behavioral health concerns, spirituality can offer invaluable support and solace, providing a pathway to finding the assistance they need.

Health isa state of complete harmony of the body, mind and spirit.

BKS Iyengar