

Mental Illness and the Church Fact Sheet

- **One in four U.S. adults experience mental illness in a given year**
- **One in four persons sitting in our pews has a family member struggling with mental health issues**
- **A majority of individuals with a mental health issue go first to a pastor or ministry leader for help**
- **The stigma associated with MI keeps people from admitting to their illness**

From Lifeway Research Study (9/2014):

- **66 percent of pastors** rarely or never talk about mental illness in sermons or before large groups
- **59% of lay people** with mental illness wish their churches dealt with the issue more
- **65% of family members** of those with MI want their church to talk more openly about it
- **68% of pastors say their church maintains a list** of local mental health resources
- **28% of the families are aware that those resources exist**
- **27% of the churches have a plan** to assist families affected by mental illness
- **23% of the pastors have experienced some kind of mental illness**, while **12 % say they received a diagnosis** for a mental health condition

To download the full **Lifeway Research** study, go to <http://www.lifewayresearch.com/mentalillnessstudy>