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Church Worker Newsletter



If you or someone you know are in need of a safe place to change your story, reach out to our offices. We are currently taking new clients and we accept most insurances, medicare, and offer a sliding scale.

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From Stigma to Support: Building Mental Health Awareness

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October invites us into a season of reflection. As the leaves change and creation prepares for rest, we are also reminded of the rhythms of our own lives, our joys, our struggles, and our need for wholeness in Christ. **This month carries several key mental health observances that call us, as church workers, to pay attention to the well-being of God's people and ourselves.**

We are not only caregivers, we are also human beings deeply loved by God. The work of ministry often brings both joy and exhaustion. This October, let these observances be an invitation to attend to your own heart as well as those you serve. Remember: mental health is not separate from faith, it is part of the abundant life God desires for all of us. Let us grow together, in Christ, in compassion, and in care for one another's mental well-being.

As Martin Luther once wrote, "This life therefore is not righteousness, but growth in righteousness, not health, but healing, not being but becoming, not rest but exercise. We are not what we shall be, but we are growing toward it."

World Mental Health Month

Throughout October, the United Nations and many global partners highlight mental health as a worldwide concern. The church is part of that global body, called to bring the peace of Christ into the world.

- For yourself: Pray for those in other parts of the world who struggle without access to care.
- For others: Partner with global ministries that support trauma recovery, refugee mental health, or community development. Invite your congregation to contribute to global initiatives through agencies such as ELCA World Hunger or Lutheran Disaster Response.
- Scripture: "The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:7).

Mental Illness Awareness Week (First full week of October)

Led by NAMI (National Alliance on Mental Illness), this week is about breaking stigma. Too often, mental illness has been met with silence in the church and church organizations. We are to create bonds of safety and trust, while re-authoring stories shaped by stigma into stories of God's grace.

- For yourself: Reflect on your own assumptions about mental illness and where you may need to grow in compassion.
 - For others: Plan a moment in class, worship, or ministry opportunity to acknowledge and pray for those living with mental illness. Invite a speaker to share about mental health awareness. Create a resource list (therapists, support groups, hotlines) and make it easily available to people.
 - Scripture: "Nothing in all creation will be able to separate us from the love of God" (Romans 8:39).
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National Depression and Mental Health Screening Month

Depression is not a sign of weak faith but a real and treatable health condition. Screenings can open the door to healing. We pay attention to the emotions beneath the surface, often sadness or loneliness longing for connection. We ask: What story am I living out right now? How might God be calling me into a story of hope?

- For yourself: Write down the "loud voices" in your mind (e.g., I am not enough, I will always feel this way). Then write a scripture beside each one, such as Psalm 34:18 ("The Lord is near to the brokenhearted, & saves the crushed in spirit") or Matthew 11:28 ("Come to me, all you who are weary and carrying heavy burdens, & I will give you rest".)

For others: Normalize screenings by sharing mental health resources in your organization's communications. Encourage people to seek a screening in the same way you would encourage an annual physical exam. Offer to accompany someone who is nervous about making an appointment.

World Mental Health Day (October 10th)

This global observance calls us to advocacy and compassion. Emotions are signals that we need connection, and testimonies shape the collective story of God's people.

- For yourself: Take 10 minutes to check in with your own heart: What am I feeling right now? Where do I need God's presence?
- For others: Use this day to host a prayer service, workshop, or panel on mental health in your organization. Share local referral numbers, such as your county crisis line or NAMI support groups. Preach or teach about mental health to reduce silence and stigma.
- Scripture: "Bear one another's burdens, and in this way you will fulfill the law of Christ" (Galatians 6:2).

ADHD Awareness Month (Attention-deficit/hyperactivity disorder)

This observance highlights both the challenges and the gifts of living with ADHD. We remember that behaviors are often strategies for coping with overwhelming emotions. We are to celebrate strengths rather than letting a diagnosis define someone's entire identity.

- For yourself: Make a list of three ways God has uniquely gifted you, or someone you serve, through creativity, energy, or persistence.
- For others: Notice and affirm strengths in children, youth, or adults with ADHD. Create worship and education spaces that honor different attention styles (such as movement breaks, visual aids, or interactive activities).
- Scripture: "We have gifts that differ according to the grace given to us" (Romans 12:6).

An LCS Sunday is a great way to bring Mental Health Awareness to you congregation. Email laura@lcsfl.com to get one set up!