

# MENTAL ILLNESS AWARENESS WEEK

— FIRST FULL WEEK OF OCTOBER —



## BODY - MIND - SPIRIT

"Come to me, all you who are weary and burdened,  
and I will give you rest." Matthew 11:28

OCTOBER 2025

Sponsored by the Mental Wellness &  
Addiction Committee

## RESOURCES & EVENTS

### Narcan Training

- Sunday, October 12 at 10:15am
- Spellman Jr. and Zoom
- No signups required

The Office of Drug and Alcohol Prevention will be offering LIFE SAVING NARCAN Training. Questions? Contact Brenda Schivito - bschivito@gmail.com

### Prescription Medication Drop Box

- Sunday, October 12 8:30-11:30am
- Narthex

Questions ? Contact Brenda Schivito - bschivito@gmail.com

### QPR Training

- November 8 10:00am - 12:00pm
- Spellman Jr.

Questions? Contact Laureen Smith: laureenasmith@gmail.com

### Mental Health or Emotional Crisis

Free crisis counseling. All calls are confidential and may be anonymous.

- Phone: 610-918-2100
- Crisis Text Line: 741741

### "Morning Joe"

A parent support group  
7:30am Tuesdays at WPC  
Contact: deidrefred@gmail.com

### Mourning Star Grief Support Group

- Starting November 6

A Christ-centered, five-unit program which aims to help individuals navigate grief with others amidst the holiday season. Questions ? Contact Leah Hrachovec at lhrachovec@westminsterpc.org

There is hope.



If you or someone you know  
needs support now,  
call or text 988  
or  
chat 988lifeline.org

### Westminster Presbyterian Church

10 W. Pleasant Grove Rd,  
West Chester, PA 19382  
Phone: 610-399-3377  
info@westminsterpc.org  
www.westminsterpc.org

## Wellness and Gratitude

As we move into Mental Illness Awareness Month this October, we can look at the many practices that help support our mental health which we can engage in every day. Many people plan to focus on gratitude for the month of November, but practicing gratitude on a daily basis supports our well-being in a number of ways.

**Reduce Stress and Anxiety:** Gratitude shifts focus from negative experiences to positive ones, reducing stress hormones and promoting a sense of calm.

**Improve Mood and Well-Being:** Gratitude increases the release of neurotransmitters associated with happiness, such as dopamine and serotonin, leading to improved mood and overall well-being.

**Boost Resilience:** By focusing on what is good in life, gratitude helps individuals cope with adversity and bounce back from setbacks.

**Increase Empathy and Social Connection:** Gratitude fosters a sense of appreciation for others, promoting empathy and strengthening social bonds.

**Promote Physical Health:** Gratitude has been linked to improved physical health outcomes, such as reduced blood pressure, better sleep, and lower risk of chronic diseases.

It can be easy to get started. Take a few minutes each morning to write down five things you are grateful for that day. Then pause and say a prayer thanking God for the things you have written down.

### Gratitude Habits

Experience the many health benefits gratitude has to offer by reflecting on all the things that you are grateful for in your everyday life. Whether they are monumental or minor events, take the time to realize their value and express your appreciation. Below are some ways you can incorporate daily gratitude habits!



#### Journal

Use a journal to write about three to five things you are grateful for



#### Gratitude Jar

Show your appreciation by writing down positive thoughts on pieces of paper and placing them in a jar



#### Gratitude Rock

Use a rock as a symbol and daily reminder to practice gratitude



#### Mindfulness

Take a moment to visualize and think about all the things that you are grateful for



#### Giving Back

Show gratitude for your community through volunteer work or helping others

Welltable

### QPR Suicide Prevention Training

We'll be offering QPR (Question, Persuade, Refer) Training, a nationally recognized program that teaches how to recognize the signs of a suicide crisis and how to help someone in danger. You don't need a mental health background—just a caring heart and a willingness to learn.

Think of it as CPR for mental health: practical, compassionate, and potentially lifesaving. Let's come together to build a more informed, supportive, and resilient community.

November 8 10:00-12:00 - Spellman Jr  
Questions? Reach out to Laureen Smith - laureenasmith@gmail.com

### About Stephen Ministry

Stephen Ministry, founded in 1975 by Dr. Kenneth Haug, trains laypeople to provide confidential, Christ-centered care to those facing life's challenges. Over 600,000 people in 14,000 congregations worldwide have been trained. Stephen Ministers complete 50 hours of training; Stephen Leaders receive an additional 50 to guide teams. Westminster has been a Stephen Ministry congregation for 31 years, where ministers meet weekly with care receivers, engage in peer supervision, and receive ongoing education to ensure compassionate support.

Are you facing a challenging time or know someone who is? Contact Leah Hrachovec at lhrachovec@westminsterpc.org