



# Faith Connections on Mental Illness

FCMI

FCMI has a new website! Please bookmark [Home \(fcmi-nc.org\)](https://www.fcmi-nc.org)

**Want to get more involved?** Check our [Calendar](#) for committee meetings – the working groups that are “boots on the ground”

**Programs/Outreach ♦ Youth ♦ Suicide Prevention/Reduction**

*For those struggling this holiday season*



[Dates/Times for BLUE Christmas/Longest Night services](#)

**Blue Dove Foundation Hanukkah Resources**

*For those who find the December holiday season especially challenging/painful*

## FCMI Connectors' Meeting

**Monday, January 8, 2024**

Meeting Via [ZOOM](#)

**Program Time:** 3:30 pm - 4:30 pm

**Connecting Time:** 4:30 pm - 5:00 pm  
(Optional post-program chat)

**Title:** "Caregivers Need Care Too:  
How to be a supportive neighbor, friend, and community member  
for someone caring for a loved one living with dementia"

**Speaker:** Natalie Leary, MSW, LCSW  
Social Worker, [Duke Dementia Family Support Program](#)

## Crisis Resources

**Suicide and Crisis Lifeline** - Call or text [988](https://www.988lifeline.org); chat [988lifeline.org](https://www.988lifeline.org)

**For assistance in a mental health emergency situation:**

**Call OR Text 911**

**Ask for a Crisis Intervention Team (CIT) Officer**

[PDF Crisis Resource Guide](#)

[FCMI Resource WebPage](#)

## Upcoming Events

Let us know about your [Upcoming Mental Health Events](#)  
Please send details to [info@FCMI-NC.org](mailto:info@FCMI-NC.org)

## Clergy Mental Health Blog

**Clergy Reflections on Mental Health** is an interfaith forum for faith leaders to share insights and observations, sometimes speaking from personal experience, about faith and mental health. We welcome diversity of thought and perspective.

Please consider subscribing to the blog to receive a notification each month when the new essay is available. Click [here for the subscribe link](#) and the home page.

## Clergy Reflections on Mental Health

**Karen Miller, Director of Children and Youth Ministries,  
Church of Reconciliation, "The Beauty in Safe Spaces for  
our Youth"**

November 27, 2023



I grew up in the 80's and, like many Gen X'ers, there were things you just did not discuss. Honestly, they were so seldom talked about that I did not even have names for them. My father had an anxiety attack when I was young that he mistook for a heart attack. That ended up being used against him as a joke by others, as if a panic attack made him weak because it wasn't a real heart attack. [Read more ...](#)

## Future Connectors' Program Dates

**Jan. 8, 2024 \* March 11, 2024 \* May 13, 2024**

**Program Time:** 3:30 pm - 4:30 pm

**Connecting Time:** 4:30 pm - 5:00 pm

Program speaker and topic suggestions?

[info@FCMI-NC.org](mailto:info@FCMI-NC.org)



### ***Faith Connections on Mental Illness***

*Connecting across faiths in mental health ministry*

Hybrid Meetings on 2<sup>nd</sup> Monday of Alternating Months

Send Mail To: P.O. Box 3502 ♦ Chapel Hill, NC 27515

[info@FCMI-NC.org](mailto:info@FCMI-NC.org) ♦ [FCMI-NC.org](http://FCMI-NC.org)

On FaceBook: [Faith Connections on Mental Illness | Facebook](#)

On FaceBook ♦ <https://www.facebook.com/faithconnectionsmentalillness>