Minister Survey: Mental Health

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In general, how would you describe your mental health?

- Poor: 1%
- Fair: 8%
- Good: 27%
- Very Good: 40%
- Excellent: 25%

N=3,838
### Capabilities

Honest self-assessment is valuable for everyone. It is unrealistic to think that all ministers are equally capable in all dynamics of ministry. Understanding your abilities allows you to think about those skills that can be improved and to know when it is best to allow another colleague more skilled in that area to provide the care. With that, ministers were asked about their effectiveness in their ministry.

Using a 5-point scale of *not at all capable* to *very capable*, most ministers give themselves a score of 4, that is, capable of providing effective ministry with few ministers saying that they are *very capable*.

#### Percentage of ministers who view themselves as less than capable to respond to the following situations:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Situation Description</th>
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<tbody>
<tr>
<td>32%</td>
<td>A person comes to me asking where to get help with a mental health problem</td>
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<tr>
<td>43%</td>
<td>A person confides in me that s/he is feeling suicidal</td>
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<tr>
<td>42%</td>
<td>A person asks for help with drug or alcohol addiction</td>
</tr>
<tr>
<td>55%</td>
<td>A person with visible signs of mental illness or substance misuse attends an event that is part of my ministry</td>
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<tr>
<td>41%</td>
<td>A family member comes to me with concerns about a loved one with signs of mental illness, suicidal feelings, or addiction</td>
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<tr>
<td>54%</td>
<td>A colleague shows signs of a mental health problem or substance misuse</td>
</tr>
<tr>
<td>46%</td>
<td>Pastoral care in the aftermath of a traumatic event such as the suicide of someone involved in my ministry or a hate crime, mass shooting, or natural disaster in my local community</td>
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<tr>
<td>45%</td>
<td>A leader of a youth ministry in which I am involved comes to me with concerns about the mental health of a young person involved in the ministry</td>
</tr>
<tr>
<td>36%</td>
<td>I face a mental health challenge myself</td>
</tr>
</tbody>
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N=3,191
Resources ministers would find helpful…

- Training in recognizing and responding to mental health issues that arise in a pastoral situations: 70%
- Mental Health module in seminary as part of preparation for ministry: 53%
- Information about Mental Health First Aid courses available in my community: 51%
- Information about creating faith communities that feel safe and welcoming for everyone: 51%
- Information about models and examples of mental health ministry across the church: 47%
- Peer support groups for ministers: 44%
- Age-specific mental health curricula: 39%
- Mental health worship resources such as bulletin inserts, sermon ideas, readings, and stories: 37%
- Access to grant funding for initiating or expanding mental health aspects of my ministry: 32%

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On a Scale of “0” to “10”…

How would you rate access to mental health services in your local community?*
*N=3,713

How welcoming do you think people with mental health challenges would rate the activities of your ministry?**
*N=3,090

* “0” meaning no access and “10” meaning excellent access; Average rating given
** “0” meaning not at all welcoming and “10” meaning extremely welcoming; Average rating given
Where have you received training doing ministry with people with mental illness?

- I have not received training in this: 44%
- Training in the course of doing my job: 22%
- In a class or practicum in seminary: 18%
- Continuing education course: 16%
- Training sponsored by a religious organization for which I have worked: 8%
- Training sponsored by a secular employer: 8%

N=3,693
How did the received training affect your skills in this area?

- Less than 1% Weakened Them
- Less than 1% Weakened Them Greatly
- 20% Do Not Know
- 61% Strengthened Them
- 18% Strengthened Them Greatly

N=1,921