

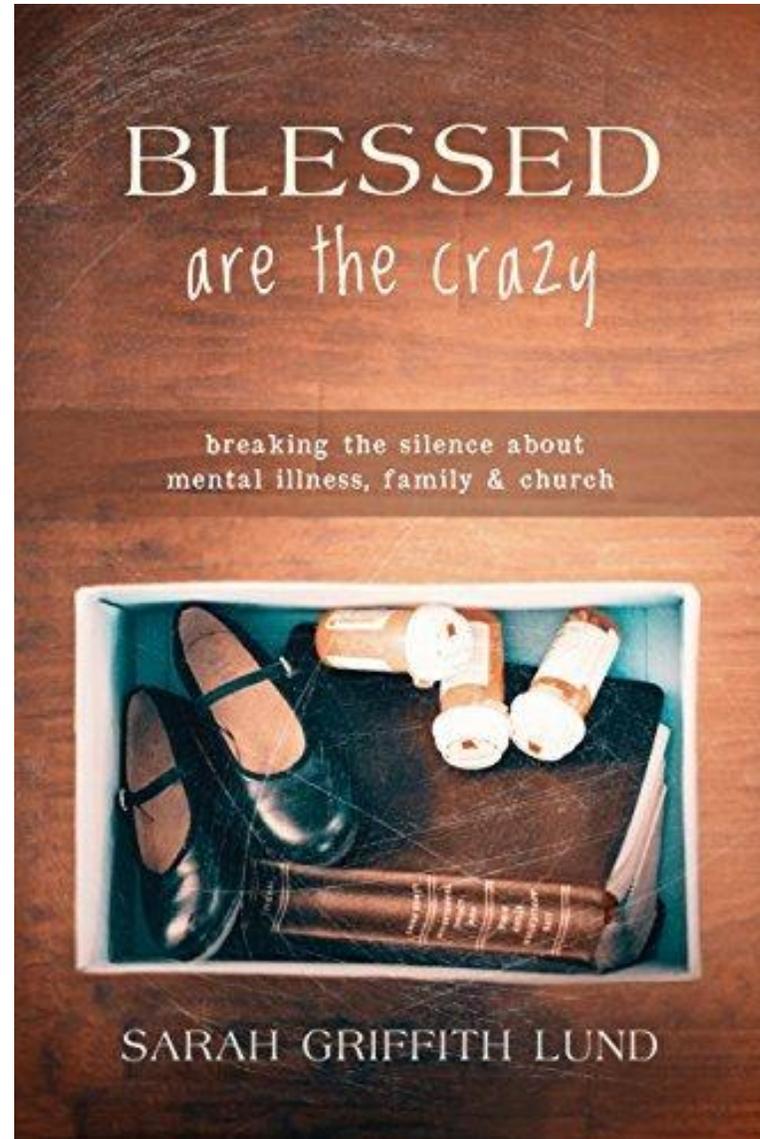
PRC: Practical Resources for Churches

September 4, 2025

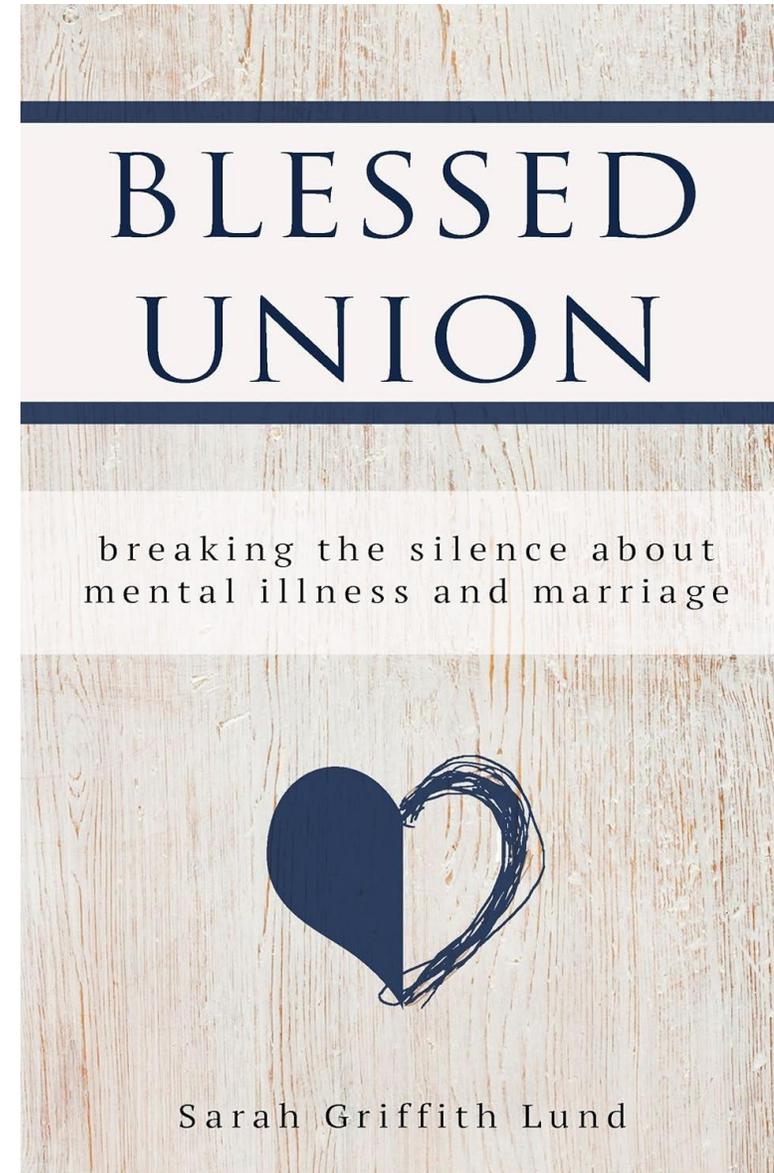
- Rev. Dr. Sarah Griffith Lund
- Pastor, Author, and Advocate
- Senior Pastor of First Congregational United Church of Christ of Indianapolis, Indiana
- Minister for Disabilities and Mental Health Justice with national setting of The United Church of Christ
- Author of *Blessed are the Crazy: Breaking the Silence About Mental Illness, Family, and Church*; *Blessed Union: Breaking the Silence About Mental Illness and Marriage*; *Blessed Youth: Breaking the Silence with Children and Teens About Mental Illness*; *Blessed Youth Survival Guide*; *Blessed Minds: Breaking the Silence About Neurodiversity*.



Blessed are the Crazy Breaking the Silence About Mental Illness, Family and Church

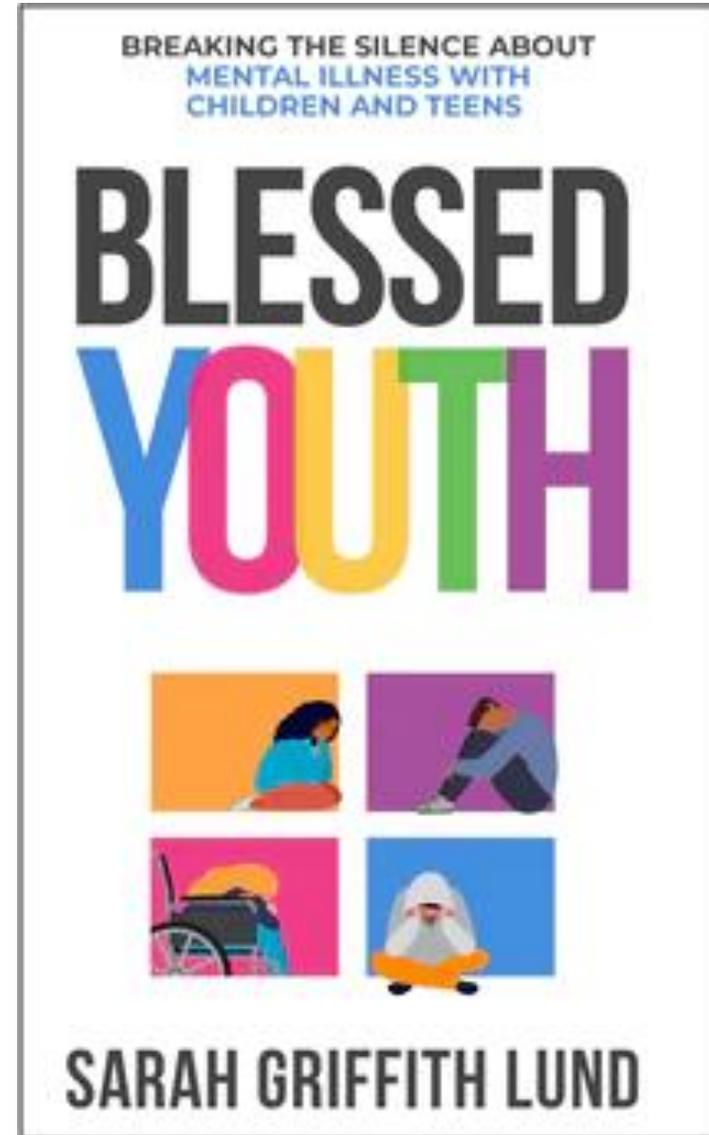


Blessed Union Breaking the Silence About Mental Illness and Marriage





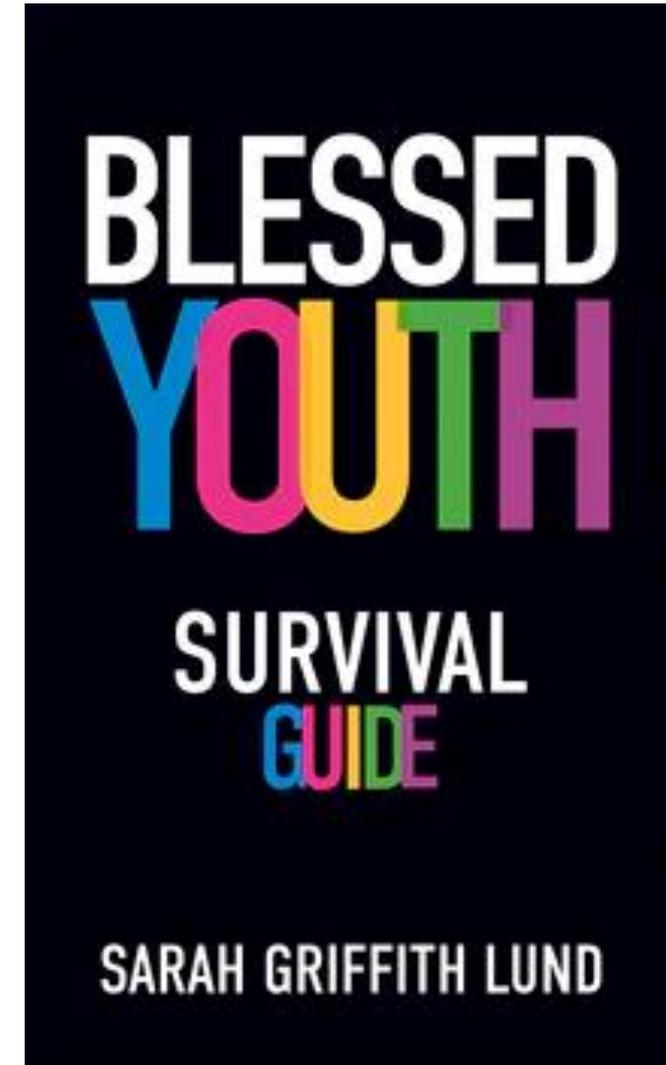
Blessed Youth: Breaking the Silence About Mental Illness with Children and Youth





BLESSED YOUTH SURVIVAL GUIDE

Companion to Blessed Youth pocket-sized book for youth to create personal mental health toolkit, including a safety plan & safety pledge





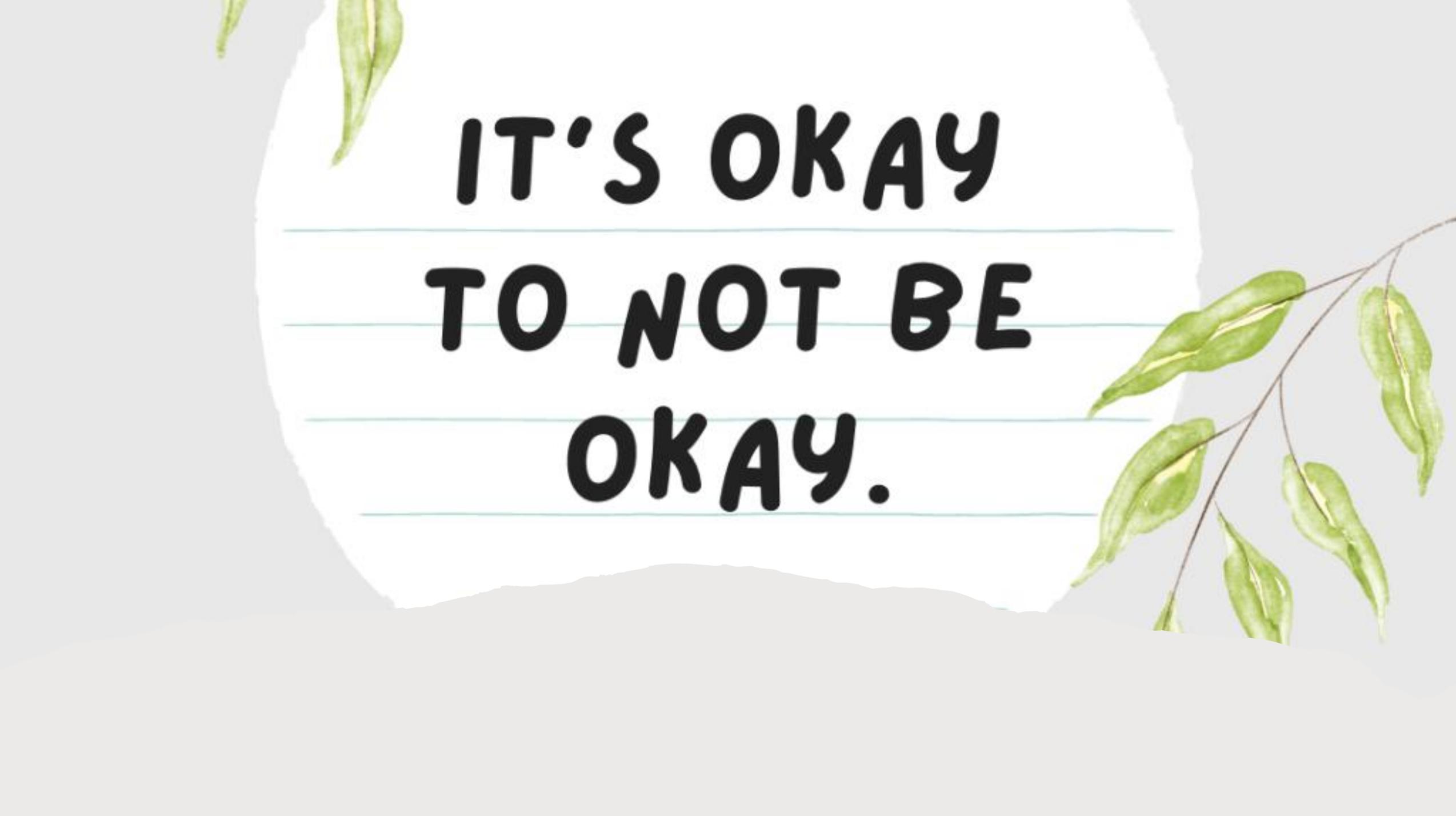
**BLESSED
MINDS**
**Breaking the
Silence About
Neurodiversity**

SARAH GRIFFITH LUND

BLESSED
MINDS

**BREAKING THE SILENCE ABOUT
NEURODIVERSITY**



A white torn paper circle is centered on a light gray background. The circle has a jagged, torn edge. Several green, elongated leaves are scattered around the circle, some overlapping it. The text is written in a bold, black, sans-serif font on the white paper.

**IT'S OKAY
TO NOT BE
OKAY.**

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community...it is a basic human right.”

World Health Organization



“Mental illness is a condition that affects our thinking, emotions, and behaviors. Mental illnesses can be influenced by our environments, our past trauma, and biology.”

Mental Health America

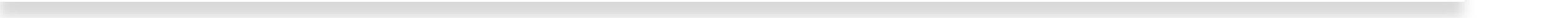


Neurodiversity



The range of differences in brain function and behavior among humans

The neurodiversity paradigm says there is no such thing as a “normal” brain



Neurodiversity

Variation in neurology is natural, and none is more right or wrong than another

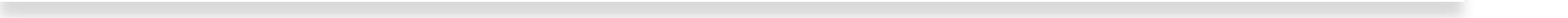
Neurodiversity is not a diagnosis

Neurodivergent



Neurodivergent is a self-identity that is experiential and sociopolitical

“Neurodivergent is a term of inclusion NOT a term of exclusion” (Kassiane Asasumasu)





**Neurodiversity is a natural part
of the biodiverse world**



- **All bodies are unique and essential.**
- **All bodies have strengths and needs that must be met.**
- **We are powerful, not despite the complexities of our bodies, but because of them.**
- **All bodies reflect diverse ability, race, gender, sexuality, class, nation state, religion, and more, and we cannot separate them.**

Disability Justice

**“Embracing
difference
generates
progress and
beauty”**

~Alice Wong





What does **BLESSED** mean?

Blessed is a word that honors our whole story. Blessed means we are more than the shame and stigma. Blessed means we are more than the labels. Blessed means we are holy and whole. We are blessed.

REV. DR. SARAH GRIFFITH LUND

What God stories do we tell about disabilities, mental health & neurodiversity?



We can break the silence about mental illness with children at church by telling stories about God's care for our mental health.

Breaking the silence
Telling the stories
Ending the stigma



**What are your
“God stories”
about disabilities,
mental health &
neurodiversity?**

988 text/call/message

24/7 confidential crisis line

**NAMI Support Groups
(National Alliance on Mental Illness)**

www.nami.org

Mental Health First-Aid Trainings

www.mentalhealthfirstaid.org

**Mental Health America
free online screenings**

www.mhanational.org

The Trevor Project

www.trevorproject.org

NeuroWild

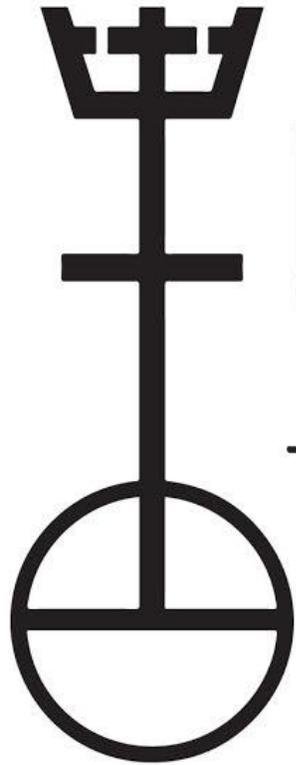
Resources available on social media



UCC Mental Health Network WISE

**Welcoming
Inclusive
Supportive
Engaged
for Mental Health**

www.mhn-ucc.org



UCCDM

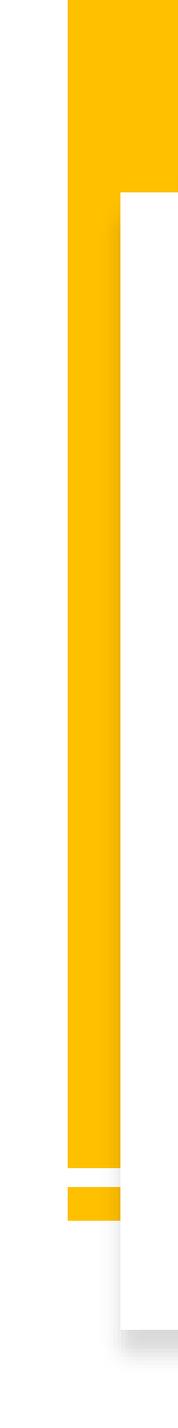


United Church of Christ Disabilities Ministries

UCC Disabilities
Ministries
Accessible-to-
All (A2A)

www.uccdm.org





**You are not alone.
Stay in touch.**

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