

Mental Ill Health and the Farming Community

Zoom Chat

What is mental health?

- The ability to function normally
- feeling balanced / A balance of emotions
- Creating well being
- Emotional resilience, balance
- being able to look forward to the work of the day.
- I was initially thinking balance but its more than that its about resilience and feeling well and at peace

What is mental ill-health?

- being fed up with your own company
- unable to cope with the day to day life
- making harmful choices for ourselves & others
- Various forms of depression
- the inability to step away from taking a terrible revenge on others or oneself
- The inability to function as you wish
- Feeling unable to cope, lacking feeling of control
- Stress related disorders
- anything that significantly and for an extended period of time upsets that balance, resilience wellbeing and peace
- anxiety and feeling unable to make a simple decision
- obsession with parts of life, at expense of the whole wellbeing and relationships
- fear of telling people in the church
- includes illness such as dementia too

Break-out 1 Questions:

In what ways have you noticed mental ill health impacting:

- **your community**
- **your Church**
- **yourself**

What helpful or positive examples have you experienced in relation to responding well to people with mental ill health?

- Our circuit had 3 of its 11 chapels vote to close after Lockdowns. People realised through Lockdowns they were over-working, doing too much - they didn't want to get back to hectic church life, and so voted to close. On the positive side, they realised they could join in with worship and ministry efforts at other Methodist chapels and the parish churches.

Response to Bridget's story of suicide within her farming community

- Very thankful Methodist Learning Network is actively offering Suicide Awareness training, as well as the Mental Health First Aider course.

Break-out 2 Questions:

In what ways might your Christian community support individuals with mental ill health?

What support would you need to bring the ideas into fruition?

- willingness for someone to take the lead then something can happen
- look beyond church membership
- encourage community engagement
- give space
- "seasons café" drop in once a month for anyone who wants to come, in reality mostly older women many recently bereaved
- Creating culture of authenticity in church. We don't always have to be 'happy Christians'!
- Important to use the money from sale of chapels to invest in rural ministry, like the butty van.
- Being willing to spend time listening for as long as someone needs
- re vision the chapel building to serve the needs of the community
- you need to share sound on videos
- need communication channels to reach dispersed community

Link to book on next session: <https://220714positivelyrural.eventbrite.co.uk>