



Mental Health & Mission in the deaneries of Oxford & Cowley

Headrest: a local resource for our parishes and chaplaincies

We all belong on the mental health spectrum. However, sometimes the mission and ministry of our church is challenged by specific Mental Health conditions. **Headrest** is a church-based resource across Oxford City encouraging confident and sensitive pastoral care. Every faith community displays psychological and pastoral needs - mental health does not conform to social or economic groupings. Here are some of our aims:

- Develop a basic form of mental health awareness for church-goers.
- Select specific churches to become particularly attuned to mental health needs and resourcing others - Headrest Churches
- Help appoint appropriate volunteers within our faith communities to become mental health ambassadors
- Support long-term mental health needs both within existing church communities and outside
- Provide a befriending service; outreach to the lost, lonely and vulnerable.
- Promote World Mental Health Day

We hope to approach the churches and chaplaincies of the Oxford and Cowley deaneries to demonstrate how **Headrest** might help your care and outreach.

For more details contact:

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