**Mental Health**

Rationale

As local community, we create and atmosphere conducive to the health and well-being of each member. Each sister assumes responsibility to take reasonable care of her health. We provide care for our sick, convalescing, and aged sisters and show them special love and concern.

Process:

1. **When a sister identifies a mental health issue**, she is encouraged to seek help to meet her needs. She may identify support and/or referral to care from:
   1. Her medical team
   2. Wellness Coordinator\*
   3. Local community
   4. Family members
   5. Community resources
   6. Spiritual Director
2. **When a community member, co-worker, family member or other**, are concerned for a sister related to a mental health issue, they are strongly encouraged to talk to the sister directly regarding their concerns. If the affected sister is unable or unwilling to seek assistance and concerns persist, they are encouraged to contact the affected sister’s Wellness Coordinator\*.
3. The Wellness Coordinator\* will assist the affected sister in identifying and acquiring services appropriate to meet the sister’s needs. Treatment services may include but are not limited to:
   1. Talk Therapy
   2. Hospitalized Care
   3. In-patient care at a treatment facility
   4. Spiritual direction
   5. 12 step programs

**NOTE:** When a sister is receiving treatment of any kind, she will be asked for an “emergency contact” designated to give and receive information in collaboration with the sister and her care provider. **It is expected that a sister identify a member of the congregation in this role.**

1. The sister and Wellness Coordinator\* share responsibility for keeping the sister’s Provincial Council informed.
2. The sister is encouraged but not required to share her journey with her local community.

\*This role may be filled by a wellness coordinator, nurse manager or local member/leader as defined by the new governmental structure and a sister’s current living situation.