

## Become a supporter

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In our magazine and on our website we feature the voices of those of us who have experience of mental distress, as well as those of us who make the effort to be alongside people in mental distress.

We invite you to send your news, views on

mental health matters, testimonials, poetry and any other item to be considered for publication to: [editor@beingalongside.org.uk](mailto:editor@beingalongside.org.uk)

 [beingalongside.org.uk](http://beingalongside.org.uk)

### To get in touch with Being Alongside:

Telephone: 020 3397 2497

(Option 1 administrator; option 2 chair; option 3 editor)

Email: [info@beingalongside.org.uk](mailto:info@beingalongside.org.uk)

### Useful helplines

Samaritans	116 123
Anxiety UK	03444 775 774
Calm	0800 58 58 58
MIND	0300 123 3393
Childline	0800 11 11
Crisis text line	text 85258
Premier Lifeline	0300 111 0101

*"When we engage in struggle on behalf of others, especially when both we and the other are both empty-handed, then we become party to a cascade of grace."*

*Ann Morisy*



**The Association for  
Pastoral Care in Mental Health**

A Christian-based charity  
recognising the need for spiritual values  
and support in mental health

Patrons: Professor Andrew Sims,  
The Right Revd Dr Guli Francis-Dehqani.  
Registered Charity number 1081642



## Being Alongside aims to:

**PROMOTE** the recognition of spiritual values in relation to mental health well-being.

**PROVIDE** suitable resources to enable faith communities to engage with and support those living with mental health distress.



Studies of Jo Ann Robinson  
by Sophie Coleman

*“Let us create communities that are places of ongoing, dependable, respectful encounter; where people are welcomed, feel safe, and can be themselves. We need friends who remember us, think about us, and pray for us.”*

Fr. Andrew Wilson, mental health chaplain

*“The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing, and face with us the reality of our powerlessness, that is a friend who cares.”*

Henri Nouwen

## What could your community and faith leaders do?

**Offer** welcoming hospitality with tea and coffee, encouraging others to find common ground in a safe and relaxed public environment, with spaces for quiet reflection.

**Provide** information/resources about local support networks.

**Facilitate** prayer, singing, study, a drop-in group, discussion groups. Invite a speaker.

**Initiate** a support group for people living with or caring for those affected by mental ill health.

**Investigate** setting up a one-to-one befriending scheme.

*“...look for the Christ in the odd, the alien, the stranger, the awkward and the unexpected.”*

Martyn Percy, ex-Dean of Christ Church, Oxford

*“It is in our brokenness that the Light gets in.”*

Canon Stephen Hance  
paraphrasing Leonard Cohen's 'Anthem'

## What you can do

Accept someone's reality, even if it's not yours.

Listen attentively without judgement.

Be kind.

Offer to pray.

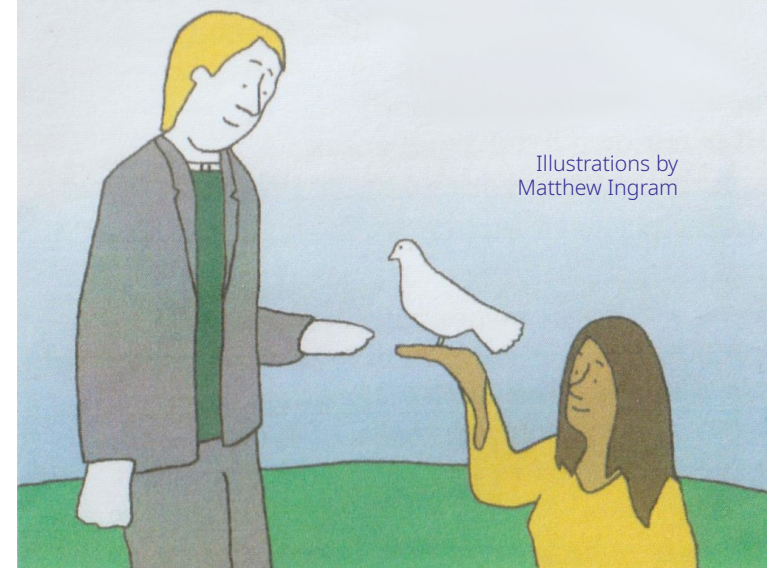
Become a supporter of Being Alongside — see overleaf.

*“This is the greatest act of generosity that you are capable of, to listen wholeheartedly.”*

Simone Weil

*“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did it for me.”*

Matthew 25:40



Illustrations by  
Matthew Ingram