



MAY 2020

Mental Health Month

Do not let your hearts be troubled. Believe in God, believe also in me. – John 14:1

May is Mental Health Month.

In the midst of the COVID-19 pandemic, the effects of social distancing and quarantining have unexpectedly shined a light on mental health needs in our homes, workplaces, and communities. Anxiety, depression, and suicide are just a few of the mental health concerns that have been on the rise during the global health crisis. Faith community leaders and their members have proven to be crucial sources of well-being and connection in this time, finding innovative, creative ways to care for their neighbors, even while closing their building doors to fight the spread of disease. It is so important that those faith communities have access and resources for addressing mental health needs.

At MLH: One of the mental health resources at Methodist Le Bonheur Healthcare is the **Dennis H. Jones Living Well Network**. The Living Well Network was founded in 2010 by Debbie Jones, in honor of her husband Dennis who died by suicide. The Living Well Network has assisted thousands of people in the Mid-South by providing free access to mental health assessment and referral. If you are experiencing anxiety, depression, or other emotional issues, the Living Well Network is here to help. We can connect you with a qualified behavioral health provider that can help you navigate these uncertain times and maintain a healthy well-being. You can access the Living Well Network and its resources for care at **(901) 762-8558** and **www.thelivingwellnetwork.org**.



MethodistSM
Le Bonheur Healthcare

OUR FAITH-BASED MISSION

Our mission is to collaborate with patients and families to be the leader in providing **high-quality, cost-effective, patient- and family-centered care** in a manner which supports the health ministries and Social Principles of the United Methodist Church to benefit the communities we serve.

1,700+

free screenings and
referrals for mental health
in 2019.

Erased millions of dollars in medical debt
and changed policies so more than

50% of Memphians

are now eligible for financial assistance.

In 2019, we provided over

\$225 million

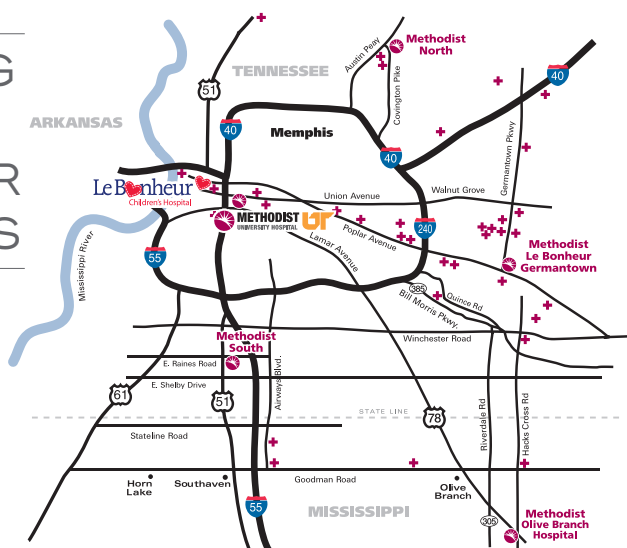
in community benefit.

1,500+

hospice
patients
cared for



SERVING
ALL OF
GREATER
MEMPHIS



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For more information, contact Jonathan Lewis, Program Manager in the Mission Integration Division, at jonathan.lewis@mlh.org or 901.478.0545.