

Mind in Croydon



hard to believe a film about mental health and spirituality

Spirituality is an area that mental health services may have overlooked in the past. Staff can feel out of their depth in this area - some see such beliefs as being harmful to people, others may interpret these beliefs as symptoms of mental ill health. Equally, some people from Faith communities lack knowledge and understanding of mental health issues, even though there is evidence that spiritual well-being is an integral part of good mental health.

Hard to Believe tells the story of three service users, how their Spirituality was perceived by mental health services, and the role that Spirituality has played as part of their recovery.

The film considers the work of the Chaplaincy at the South London and Maudsley NHS Trust, the Croydon branch of APCMH and Nigel Copsey's Multi-Faith Team in East London. Dr Andrew Powell, Founder Chair of the Royal College of Psychiatrists' Spirituality Special Interest Group, also features.

Hard to Believe explores models of good practice in terms of how mental health services can work better to meet peoples' spiritual needs and also how faith communities can develop a better understanding of mental health problems and thus support people in their community who may be experiencing such difficulties.

The film is available on VHS or on DVD with extended interviews and special features.

Copies of the video, which runs for 30 minutes, are available for **£35** each from Mind in Croydon.

Copies of the DVD, which include the main film plus extended interviews and special features, are available for **£35** each from Mind in Croydon.

Please send mecopies of **Hard to Believe**. I would like the video version / DVD version (please circle which you require). I enclose a cheque for £..... made payable to "**Mind in Croydon**".

Name

Address

Phone

"□□□□□ A balanced, integrated and compassionate view of the importance of spirituality in people's recovery". *Community Care*

"A major educative and training resource". *Prof Peter Gilbert, NIMHE*

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**For better
mental health**