


Fresh
Hope



The HOPELESSNESS CRISIS

in America Today

One out of
every *four* Americans
suffers from some type
of *mental* health issue.
Over *25%* come first to their
pastor or church for *help*.

Research also shows that
people do *better* in recovery
when their *faith* community
is included. Yet, only *3%*
to *4%* of churches are
ready to respond.

What is *your* church doing
to offer *hope* to the people
in your community who *face*
hopelessness in their lives?

*Offering a Fresh Hope group
is one way to offer real hope and real
healing to the hopeless who suffer from
a mental health diagnosis ...and
for their loved ones.*

What is Fresh Hope?

Fresh Hope began in 2009 as a **Christian support group for those who suffer from mental health challenges and their loved ones**. Fresh Hope was started by a pastor seeking to provide a support group from a Biblical, hope-filled point of view.

Fresh Hope's Foundation is six faith-based tenets (principles). These tenets have been proven to be instrumental in offering hope and key insights into a wellness-driven, successful road of recovery from a Christian perspective. The tenets are for both those with a mental health diagnosis and for their loved ones.

Those with a diagnosis and the loved ones meet together for the first half of each meeting and then break into separate groups. The Fresh Hope philosophy has a bias that everyone working together is better for all involved. While sometimes **only the loved ones** attend or **just the person with the diagnosis** attends alone, the **mixture** of those will a diagnosis and their loved ones provides a unique opportunity for each to **learn from one another** and solve issues together. This is one of the **greatest strengths** of the Fresh Hope approach to recovery.

Fresh Hope offers a book entitled
Fresh Hope: Living Well in Spite of a Mental Health Diagnosis. This book may serve as...

- a resource for pastors and counselors to offer to those who come to them for help
- a workbook for those who have a mental health diagnosis, individually or in a small group
- encouragement for family members

A second Fresh Hope book for loved ones is scheduled to be released at the end of 2014.

