



Providing *real hope* and *real healing* to the hopeless who *suffer* from a *mental* health diagnosis, and to their *loved* ones.

Fresh Hope is an international network of Christian mental health support groups. Our groups are nondenominational and approach mental health recovery from a hope and faith-filled perspective.

Fresh Hope support groups are peer-led, where members encourage one another under the guidance of a facilitator. The meeting format includes both a large and small group experience, where members can share as little or as much of their "journey" as they desire.

MISSION STATEMENT

Empowering individuals and their loved ones to live a full, rich, and faith-filled life in spite of their mental health challenges

Fresh Hope, Inc.

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The Problem

- **One in four** American suffers from a mental health challenge.*
 - **Most Christians look first** to their church for spiritual guidance in times of distress, yet only **3%** of churches are ready to respond.**
 - **Over 62%** of church attendees want their church to talk openly about mental illness. Yet most Protestant senior pastors (**66%**) seldom speak to their congregation about it.**
 - **The stigma of mental health is 'still real'** inside the church. **
- * Centers for Disease Control and Prevention, www.cdc.gov
** LifeWay Research, 2014

Our Proven Track Record

Proven Success as an effective approach to mental health recovery from a Christian perspective:

- **96%** of the weekly participants attribute their participation as the reason they now feel more hopeful than prior to their participation in Fresh Hope.
- **92%** of those who have attended other mental health support groups say that Fresh Hope has been more positive and helpful in their recovery than any previous groups.
- **86%** of those who were suicidal prior to coming to Fresh Hope report that they have not been suicidal since participating.

Program Costs

Starter Membership Kit

\$59.99 + shipping

- Fresh Hope book (1)
- | Electronic Training Manual (**Download**)
- | Laminated Tenet Card (1)
- | First 12 weeks Video Series (**Downloads**)
- | Topic Cards (1 set **Download**)
- | Posters (2) | Brochures (5)
- | Invitation Business Card (**Download**)
- | Facilitator Training online access

Additional Supplies

(prices do not include shipping)

- Fresh Hope book **\$18**
- Brochures **\$15/50, \$26/100**
- Invitation Cards **\$10/50**
- Posters **\$10/5**

Additional Facilitator Training

\$45 each (above the 4 included above)

What People Are Saying

I've finally found a place where I'm understood and accepted for who I am. I feel safe here.

POLLY

Fresh Hope is a vital hope to the community. Every one of us is affected in some way by someone with a mental health issue.

MIKE

"If death itself can't separate us from the love of Christ, mental illness doesn't have that power either."

AMY SIMPSON

Author of "Troubled Minds: Mental Illness and the Church's Mission"

To learn more about Fresh Hope go to **www.FreshHope.us**