



Britain Yearly Meeting  
of the Religious  
Society of Friends

## Quakers and mental health

Mental health is an issue of concern to many Friends. We all need to be conscious of our own mental well-being. We all have a responsibility to care for the well-being of Friends in our meetings. Different mental health experiences are part of our inclusive Quaker community. In the wider society, mental health problems appear increasingly common. However, our mental health services are reported to be underfunded and overwhelmed.

There is a wide range of Quaker-related groups and activities engaged with mental health issues, many of which can be found through this link: [www.retreatyorkbfund.com/links](http://www.retreatyorkbfund.com/links).

We also have two Friends working to develop our Quaker ministry on mental health:

**Bev Smith** works for Quaker Life as Empowering Meetings Project Officer – developing resources and systems to support meetings.

You can contact Bev on [beverleys@quaker.org.uk](mailto:beverleys@quaker.org.uk) or 0741 937 2982.

**Alison Mitchell** works for Quaker charity the Retreat York Benevolent Fund as Mental Health Development Officer – raising awareness about mental health issues.

You can contact Alison on [mhdo@retreatyorkbfund.com](mailto:mhdo@retreatyorkbfund.com) or 0748 302 8490.

If your area meeting would like to organise a session thinking about mental health why not get in touch? It might be a couple of hours within an area meeting or a longer meeting for learning; you might have particular issues of concern or you may simply want to think about the topic.

If you contact Alison or Bev we can discuss what sort of event might suit you.

In Friendship,

Alison and Bev