

Hard to Believe: Mental Health and Spirituality

A video which places spirituality as an integral part of people's mental health recovery, rather than an expression of mental health distress. It shows a range of perspectives – personal testimony and professional – to explain this neglected area in mental health care, while highlighting research linking mental health and spirituality in a positive way.

It explores the need for the inclusion of spirituality within service delivery and of building bridges with various faith communities to find out how they may support people with mental distress.

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Price: £35