

Mental Health Awareness in the Missouri District

BY REV. MARTY HASZ, LPC

May is recognized as Mental Health Awareness Month in Missouri, offering a timely opportunity, following Easter, to reflect on the hope of Christ's resurrection and the ongoing need for emotional and spiritual care, especially for those serving in ministry. To support church and school workers, the Missouri District is partnering with Concordia Plans to offer free, nationally accredited Adult Mental Health First Aid training. While the **June 6 session is now full**, additional opportunities are available **Aug. 1 and 8**. This virtual training equips participants to recognize mental health symptoms, respond to crises, and connect others with appropriate care. Topics include signs of mental, emotional, and relational fatigue and challenges; trauma and resilience; crisis response; and self-care strategies. The training consists of two hours of self-paced pre-work (due 48 hours prior) and a one-day, 6.5-hour live virtual session. [Register here!](#)



Building Support Teams for Workers

Congregations are also encouraged to form church and school worker support teams to foster healthy, ongoing environments of mutual encouragement. One such model is active at Holy Cross Lutheran Church in O'Fallon, inspired by *Holding Up the Prophet's Hands* by Rev. Dr. Bruce Hartung. A YouTube video resource is available to assist you in developing a [Church Worker Support Team](#) in your ministry.

Lasting hope in Jesus Christ

In the face of anxiety, grief, and emotional strain, we find lasting hope in our resurrected Lord Jesus. His victory over death offers both eternal assurance and daily strength. Though our struggles are rooted in sin's brokenness, in Christ, we are never without help or hope.

Faith-Based Mental Health Tools

This initiative complements The Lutheran Church—Missouri Synod program [Upheld by God's Hand](#), which offers a theological foundation for mental health support and access to suicide prevention programs such as LivingWorks and QPR Institute.

Caring for Those Who Serve

Missouri District church and school workers seeking professional counseling services, support information, and guidance—including how to choose a counselor—may contact Rev. Marty Hasz, LPC, Director of Church Worker Support, at marty.hasz@mo.lcms.org.

Rev. Marty Hasz, LPC, is the director of church worker support at the LCMS Missouri District.