

Bring this powerful experience  
to **your** church

Become a more loving and effective community  
for those living with mental health challenges

shattering  
**STIGMA**  
with stories  
**UNDERSTANDING MENTAL HEALTH**

with Tara Rolstad



***Shattering Stigma with Stories: Mental Health and the Church*** is a one-day conference to open dialogue and create safe spaces within communities of faith around issues of mental health. Hear the hearts and personal stories behind mental health diagnoses.

Shattering Stigma can help!  
Attendees gain:

- a **deeper understanding** of life with mental health challenges
- **perspective on** how **faith** calls us to understand mental illness
- increased skills and **confidence to respond compassionately** and effectively to those who live with mental illness, their families or friends.



## What Happens at **Shattering Stigma with Stories**?

- Impactful interactive exercises designed to shatter the stigma of mental illness
- Keynote speakers bridging the chasm between the faith community and mental health community, with trainings including suicide prevention, trauma and the experiences of caregivers and family members.
- Personal testimonies from people of faith who may live with:
  - ▶ Childhood trauma
  - ▶ Schizoaffective disorder
  - ▶ Anorexia/Eating disorders
  - ▶ Alcoholism/substance abuse
  - ▶ Depression/Anxiety
  - ▶ Bipolar disorder



Founder Tara Rolstad created the conference experience Shattering Stigma with Stories to help churches learn to leverage their strengths to care for those who are struggling with mental illness. Tara also speaks to churches and conferences about mental health, and provides consulting to church leadership and staff.

Tara is a speaker, author, comedian and mental health advocate who helped raise three nieces living with severe mental illness, and a transformational leader guiding congregations to become safer, more effective and loving communities for those with mental health challenges. In addition to founding Shattering Stigma, Tara also performs stand-up comedy to raise awareness of mental illness with Stand Up for Mental Health, Oregon, and is the co-author of "No, Really, We WANT You to Laugh: Mental Illness and Stand-Up Comedy: Transforming Lives." For more information and to see videos of Tara in action, go to [TaraRolstad.com](http://TaraRolstad.com) and [ShatteringStigma.com](http://ShatteringStigma.com)

*"Tara Rolstad is at the forefront of a vital and timely cause: helping us think compassionately about the impact of mental illness on the family, the church, and the community.*

*For too long we've only whispered about the subject or felt ashamed when depression, bipolar, or other cognitive dysfunction impacted us or our families. With raw vulnerability and unexpected humor, Tara is helping break the stigma around mental health, so that we can all do a better job of loving our family and neighbors well."*

*—Marc Alan Schelske, speaker, pastor, and author of "The Wisdom of Your Heart"*

### **Attendees on Shattering Stigma**

*"The love, caring and sharing to educate that we are not alone and that we can help one another in very constructive ways."*

*"Appreciation of the depth of wounds and the slow walk to normalcy. I was impressed that this conference was held in a church."*

*"I have family or friends who are experiencing some of these struggles and it helps me to have more empathy and lets me know that just walking beside someone who is hurting is helpful and I don't have to be afraid that I'm going to say the wrong thing."*

**Shattering Stigma** host congregations provide financial investment, space, volunteers and organizational commitment. **Shattering Stigma** founder Tara Rolstad provides all conference planning, facilitation, speaker selection and preparation, event moderation and keynote.

**For more information on bringing the Shattering Stigma conference or speaker Tara Rolstad to your church, contact:**

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