



Blessed Youth: Breaking the Silence about Mental Health with Children and Teens

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Parenting from childhood through adolescence and into early adulthood is a daunting task, made more so by the unpredictable turns and challenges every family faces.

Being able to be honest and real about these challenges can help you provide stability to children facing mental health related issues, allowing them to flourish.

Through vivid and powerful storytelling, ***Blessed Youth: Breaking the Silence about Mental Health with Children and Teens*** will remove the barriers of stigma and shame associated with mental illness in children and teens.

“Blessed Youth is a book for parents, grandparents, teachers, pastors, mental health clinicians, everyone and anyone who cares about making the future brighter for a generation facing so much. It is past time we value children's mental health as much as we do their physical, academic and social achievements. What a gift it would be if their inheritance was the world Sarah paints for us.”

— Ellen O’Donnell, PhD, Child Psychologist and Author of *Bless This Mess: A Modern Guide to Faith and Parenting in a Chaotic World*

Find the Author Online

 SarahGriffithLund

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SarahGriffithLund.com

Sarah Griffith Lund is senior pastor of First Congregational United Church of Christ in Indianapolis, Indiana, and serves nationally as the Minister for Disabilities and Mental Health Justice for the United Church of Christ. She is the author of *Blessed are the Crazy* and *Blessed Union*.

She blogs at sarahgriffithlund.com.



Endorsements and Social Media

"In *Blessed Youth* she opens her heart, and our hearts, to children and youth who live with mental illness, offering hope and a way forward to care for our children and the children in our communities." —**Hollie M. Holt-Woehl, author, *They Don't Come with Instructions: Cries, Wisdom, and Hope for Parenting Children with Developmental Challenges***

"With crisp writing and lots of first-hand accounts, this book gives insight into what it means to have mental illness or to care for someone who does. This is a helpful resource and introduction to a topic that needs more attention." —**Robert J. Keeley, Professor of Education, Calvin University, author of *Helping Our Children Grow in Faith***.

"Right from the very beginning of the book, she offers insights, stories, and suggestions for action while answering the question, 'are the children OK?' Although the answer to that question is a resounding, 'No!' Lund offers so much hope. This hope is founded on the promise that although the children are struggling mightily, they also know what they need. And we adults have the capacity to do much better by them. This book can help us figure out where to start." —**Dr. Emily Peck-McClain, Professor of Christian Faith Formation and Youth at Wesley Theological Seminary and author of *Arm in Arm with Adolescent Girls: Educating into the New Creation***

"Sarah offers vital theological and practical strategies that can enable us to embody the love and Grace of God in our ministry with young people. Sarah Lund knows what she is talking about."

—**Dr. John Swinton, Professor of Practical Theology and Pastoral Care at Aberdeen University, United Kingdom**

"Sarah Lund exhorts and equips us to listen closely to the stories of young people struggling with mental health challenges. She writes with the wisdom of a pastor, the love of a parent, and the knowledge that comes from firsthand experience. This timely resource is important for ministers, parents, teachers, and anyone who cares about the mental well-being of young people."

—**Michael Paul Cartledge II, Institute for Youth Ministry, Princeton Theological Seminary of Canada**

For images and mental health statistics to share on your social media, click on the image or go to:

[sarahgriffithlund.com/
blessed-youth-book-
launch](http://sarahgriffithlund.com/blessed-youth-book-launch)

and use the hashtag
#BlessedYouth

Blessed is a word that honors our whole story. Blessed means we are more than the shame and stigma. Blessed means we are more than the labels. Blessed means we are holy and whole. We are blessed.

REV. DR. SARAH GRIFFITH LUND

#BlessedYouth