



A Matter of Faith: A Presby Podcast

Listening Guide – Mental Health Episodes

Episode	Guest	Question	Timestamp
Episode 12	Kathy Riley, Associate for Emotional and Spiritual Care, Presbyterian Disaster Assistance	Do you have any strategies for dealing with anxiety and mental health challenges related to natural or human caused disasters? (ie. hurricanes, gun violence, etc) Are there strategies that are specifically useful for people of faith?	29:08
Episode 20	Laurie Kraus, Director, Presbyterian Disaster Assistance	In the aftermath of natural disasters (or human caused disasters, such as mass shootings), how can I best walk alongside those affected in my community as they mourn, grieve, and try to move forward? Is there something specific that I can offer them as a person of faith?	20:12
Episode 58	Maura Drewry, Social/Clinical Advanced Research Assistant, UNC Center for Health Equity Research	We have been hearing the term "public health" more often in the news and media. What it is it and why does it matter to people of faith? How does public health relate to things like justice and equity?	21:45

Looking to go deeper on issues of advocacy with [A Matter of Faith: A Presby Podcast](#)? This listening guide outlines a list of our favorite conversations with our guests about advocacy. We provide the accompanying questions for you to use to reflect on these episodes. These questions could be used for individual or group study. All links and resources mentioned are in each episode's show notes.

Want to get connected with A Matter of Faith? Write in your thoughts and questions to faithpodcast@pcusa.org

Reflection Questions

What are 3 words that came up during these podcasts that stuck out to you?

What did you learn about mental and public health from these podcast episodes? What did you learn about accompanying others who are dealing with mental health challenges?

Why do you think mental and public health issues are also faith and justice issues?

What strategies do you use to improve your own mental health? Did you learn about any new strategies from these podcast episodes that might be beneficial?