

## UK Young Adults: Mental Health in the European Unification Church - Saturday

Reamonn Bateman  
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Hi,

I hope you've had a good month, (all things considered), it's maybe quite fitting as the days draw in and we enter another month of lockdown that we take some time to consider our mental health with our guest speaker this coming Saturday, Elisa Brann.

In 2017 Elisa and three other first and second generation started a research project supported by Cranes Club Europe. They wanted to capture the landscape of mental health in the European Unification church. Since then they have had hundreds of members from across the UK and Germany share about their experiences, how they manage their conditions, and how they perceive their faith to impact it. The results are in and they are interesting. In this week's meeting, Elisa shares the key findings of the project and importantly what they mean for the future development of our community. She will also share about her personal reflections researching a topic that is very personal to her. You'll have a chance to ask questions about the project, her experiences, and discuss the challenges of how to help yourself or a loved one struggling with mental health issues.

As usual we will meet at 11am on Zoom this Saturday the 7th using the following link:

[us02web.zoom.us/j/83297849076?pwd=NmpXK2ZrN09iT21DNEY5cnlUNGZDdz09](https://us02web.zoom.us/j/83297849076?pwd=NmpXK2ZrN09iT21DNEY5cnlUNGZDdz09)

If you'd like to catch up on any of the past calls, including our last meeting where Carmel gave a rousing talk entitled "Crises - Our Defining Moment", you can check them out on our YouTube playlist here:

[www.youtube.com/playlist?list=PL16e2pCiNJTRkJwOEbZDkWpMRVYFdQ9nH](https://www.youtube.com/playlist?list=PL16e2pCiNJTRkJwOEbZDkWpMRVYFdQ9nH)

We look forward to seeing you there!

Reamonn and the Young Adults Team