

Mental Health Strong Dream

Originated on 2/1/2020 and Finalized Easter 4/12/2020

We have a dream that one day there would be a community where...

1. The hurting and the lonely in marriages with mental health & addiction conditions have hope again (HOPE)
2. Millions of marriages are restored, rejuvenated and possibly remarried to their original spouse (if healthy & safe) around the world due to understanding the mental health & addiction conditions better (RECONCILIATION)
3. Tools, resources and support is provided for emotional, spiritual and relational healing across the marriage stages (TOOLS)
 4. Thousands of conferences around the world with each conference having 1-3K people at each (IMPACT)
 5. Thousands of people obtain answers to their tough faith questions and grow closer to Jesus (DEPTH)
6. Love is restored in the marriage and there is acceptance of where the spouse is in their healing process (ACCEPTANCE)
 7. Every marriage is its own unique relationship and each individual is honored (UNIQUE)
8. A ministry that offers jobs for those who can't find jobs and helps build confidence to transition to their next job (JOB SKILLS)
9. A mental health & addiction center in the community and be a model for other cities around the world (RESTORATIVE CENTER)
 10. People enjoy coming with fun and inspiration through dancing, laughter and more (FUN & LAUGHTER)
11. New and deep best friendships are born so that everyone is able to help one another especially in trials (BEST FRIENDSHIPS)
12. Each individual draws near to God and finds their needs met by God rather than by their spouse (CLOSENESS TO GOD)
 13. Forgiveness, healing & grief is processed and replaced with peace and acceptance (PROCESS TRAUMA & GRIEF)
 14. Couples can be mentor by another couple who is farther along (MENTORING)
15. There are many support groups (fostered by NAMI and the church) so that the couple can be vulnerable (SUPPORT GROUPS)
 16. Healing can be made from suicides & we can honor the lives impacted (SUICIDE HEALING & LIVES HONORED)
 17. Tools and resources for de-escalation, pre and post crisis (DE-ESCALATION & CRISIS HELP)
18. Mental Health First Aid (MHFA) training is offered to reduce stigma and bring understanding (STIGMA TRAINING)
19. Therapists would want to volunteer their time at the conferences or other MHS areas and build new clientele (PRO-BONO)
20. Together we will reduce the divorce rate for mental health and addictions in half for the world (REDUCE DIVORCE)
21. The family unit is restored where spouses and children enjoy being together rather than on devices (CONNECTEDNESS)
22. We all learn to speak and practice in words of encouragement and appreciation (WORDS OF ENCOURAGEMENT)
23. We partner with therapists, doctors, governments, insurance companies, churches & other non-profits (PARTNERSHIPS)
 24. Each spouse and the couple feel welcomed and valued (VALUED)
25. We fight the condition together as a couple and as a community so that we aren't fighting each other (TOGETHER)

We, Keith & Erin Ramachandran believe this is inspired by God and will be fulfilled...



...so that we can all be
MENTAL HEALTH STRONG
as we attempt something so great that it
would be doomed to fail unless
GOD WERE IN IT!

Keith & Erin one marriage saved & covenanted under God
to help millions around the world! 2 Corinthians 1:3-4

www.mentalhealthstrong.com