



United States Conference of Catholic Bishops

National Catholic Mental Health Campaign *Suggestions for Parish Engagement*

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- Share that the **National Catholic Mental Health Campaign** is a year-round initiative; each year, the U.S. Bishops engage in a concerted effort beginning on World Mental Health Day (October 10) and continuing to the feast of Saint Luke, patron of health care (October 18).
 - The **message of the Campaign** is simple: *Everyone who needs help should receive help.*
 - Dioceses and parishes are welcome and encouraged to use the National Catholic Mental Health Campaign as an impetus to promote existing local mental health programs; the Campaign may also act as a starting point to launch a local mental health resource at the diocesan or parish level.
 - The Campaign is a **starting point to get the conversation going** in local faith communities. The materials available from the USCCB, including an annual novena, videos, and links to helpful resources, are designed to engage Catholics on this very important issue.
 - Promote the **three primary goals of the National Campaign**: (1) to raise awareness of the mental health crisis, (2) to combat stigma surrounding the topic of mental health, and (3) to advocate for all those impacted by the crisis.
 - The USCCB recommends that **each U.S. parish promote the annual novena** within their communities. The novena officially goes from October 10 to 18, 2024. The daily texts for the novena can be found online at <https://www.usccb.org/mentalhealth>.

Suggested Bulletin and Pulpit Announcement/Sample Copy Text for Diocesan Resources

The mental health crisis is a profound challenge to the Church and to society. Catholics can respond with generosity, hope, and compassion to everyone who needs help. The United States Conference of Catholic Bishops (USCCB) invites all people of good will to pray for mental health and wellness with a special nationwide novena beginning on World Mental Health Day (October 10), continuing to the feast of Saint Luke, patron of health care (October 18).

- During the liturgy for the **Twenty-Eighth Sunday in Ordinary Time** (October 12-13, 2024), in the midst of the novena timeframe, local parishes can acknowledge the Campaign by:
 - integrating mental health into the homily on the Sunday readings (Lectionary 143: Wis 7:7-11; Ps 90:12-13,14-15,16-17; Heb 4:12-13; Mk 10:17-30 or 10:17-27)
 - offering a special prayer or blessing for all those struggling with mental health issues
 - including mental health during the Prayer of the Faithful at all Masses; a sample version, which may be adapted for local use, is included here:

For all the individuals who are impacted by issues of mental health, especially within our local community, that God may bless them with his grace and consolation, and that Catholics everywhere will accompany and support women and men who experience mental health challenges and promote mental and spiritual wellness. We pray to the Lord.