



Association of
Catholic Mental
Health Ministers

Working to bring Catholic Mental Health Ministry to Every Parish

About the Association of Catholic Mental Health Ministers (CMHM)

The CMHM is a Lay Association of the Christian Faithful whose members are called to be a healing presence in the lives of people with mental illness.

The CMHM works to make mental health ministry an integral and common ministry in the Church that is available in every Catholic parish and community. Mental health ministry provides spiritual support to people living with a mental illness to assist them to live in holiness and educates and informs the Catholic community about the issues, struggles and joys that can be found in people living with a mental illness.

The CMHM provides the tools, methods and insights that allow catholic leaders to confidently minister to people with a mental illness without fear or prejudice.

You can learn more about mental health ministry by visiting the Association of Catholic Mental Health Ministers at: **catholicmhm.org**

Parish Ministry Resources

- How to Start a Mental Health Ministry in Your Parish
- Developing Spiritual Support Groups
- Parish Ministry and Outreach
- Mental Health Ministry Meetings

Prayer and Worship

- Prayer Resources
- Worship and Liturgy Resources
- Testimonials and Reflections

Educational Resources

- Film and Video Resources
- Catholic Mental Health Ministry Learning Center for online learning
- Mental Health First Aide

Scan to learn more or to contact us:



MAY IS MENTAL HEALTH AWARENESS MONTH

JOIN US TO PRAY FOR PEOPLE WITH MENTAL ILLNESSES AND THEIR FAMILIES

It is estimated that more than one in five U.S. adults struggle with some form of mental illness (57.8 million in 2021) with often devastating effect on families. As a community of faith, we can support people with mental illness through creating awareness of their needs, acknowledging their presence in our parishes, and accompanying them in their journey. Information on how to help can be found on the Archdiocesan Commission on Mental Illness website www.catholicmhm.org/chicago. The commission invites all as a community of faith to pray in a special way this month in solidarity and support.

PRAY THE ROSARY ON MAY 15TH - THE FEAST OF ST. DYMPHNA

Join in solidarity on May 15th, or any day in May, to pray in support of those who are experiencing mental health concerns using the meditation booklet found at the Chicago Archdiocesan Commission on Mental Health Website using the QR code below or visit www.catholicmhm.org/prayer-resources.



PRAY A NOVENA FROM THE USCCB

We also invite all to pray a novena during May developed by the USCCB for those affected by mental illness and for their families. Each day of the novena reflects on a theme to prayerfully approach the topic of mental health. The USCCB novena can be found using the QR code below or by visiting the Association of Catholic Mental Health Ministers website at www.catholicmhm.org/prayer-resources.

ST DYMPHNA - PATRON SAINT OF PEOPLE WITH MENTAL ILLNESSES

Born during the 7th century to Irish royalty, St. Dymphna's mother, the queen, had her secretly baptized and raised in the faith because of the king's pagan beliefs. When Dymphna was only fourteen, her beloved mother died and the king went mad in his great state of grief. He decided that he wanted to marry Dymphna, his own daughter, because she looked so much like her mother. Dymphna fled the kingdom to escape the king. While in hiding, Dymphna used her wealth to care for the sick and poor of the region. Unfortunately, her father discovered her whereabouts and had Dymphna killed. She was only 15. Dymphna was declared patroness of those with mental problems because of the great anguish her father's mental affliction caused.

Let us pray: St Dymphna, we ask you to intercede for us with God: that we may be given peace and strength of mind, body and spirit. Pray that we may experience the love and support of the faith community we are part of. Pray that governments around the world will recognize the need for better mental health services in their local communities. Amen.

Find the prayer resources and other helpful information using the QR code or at the Association of Catholic Mental Health Ministers website www.catholicmhm.org.



The Association of
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The Church, health care professionals and scientific researchers should work together to improve mental health care.

Psychiatry and mental health professionals have their place. But their tasks are different (although complementary) from the tasks of the Church.

*"Hope and Healing"
California Conference of Bishops, 2018*



Mental Health Ministry

1. Accompaniment - Journey with others as they experience God.
2. Provide spiritual and social support: a renewed sense of meaning and purpose, feel grounded in faith or other spiritual practice, and increased connection to the faith community.
3. Faith-based and God-centered. It has to do with the presence of God in a relationship and experiencing His presence.



Mental Health Treatment

1. A mental health diagnosis that manifests itself in a pervasive manner.
2. May involve several professionals to guide the treatment and to monitor medication management or any other medical concerns.
3. The goal of treatment is to reduce the symptoms. Success is defined by the absence of illness, distress or symptoms.