**Office for Family Life logo

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**for Mental Health Awareness Month (May)**

*Announcement to be read by Parishioner or Celebrant*

Every month should be a month we are paying attention to our mental health, right? But with **May as Mental Health Matters Month**, we have a special focus on getting the word out about what you can do to take action for your mental health and for everyone in our parish!

You may already know that more than half of all Americans will experience a mental illness or disorder in their lifetime. And just about all of us have times when we feel stressed out, anxious, or down. **When that happens to you or a loved one, do you know what to do?**

**Catholic Mental Health Ministers know what to do**. They are a community of lay ministers in 14 parishes in the diocese. They provide spiritual and practical support when there is a mental health crisis in our families. They know there is hope for healing in mental health.

Please see information in the bulletin on how to join us and how you can take action for mental health: check in, learn more, and get support.

Thank you.

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**for Mental Health Awareness Month (May)**

*Announcement to be read by Resource Table Volunteer*

“Hello, I am [your name], a member of your parish.

Every month should be a month we are paying attention to our mental health, right? But with **May as Mental Health Matters Month**, we have a special focus on getting the word out about what you can do to take action for your mental health and for everyone in our parish!

You may already know that more than half of all Americans will experience a mental illness or disorder in their lifetime. And just about all of us have times when we feel stressed out, anxious, or down. **When that happens to you or a loved one, do you know what to do?**

Catholic Mental Health Ministers know what to do. We are a community of lay ministers in 14 parishes in the diocese. We are here to provide spiritual and practical support for each other when there is a mental health crisis in our families. We know there is hope for healing in mental health.

We are at tables outside. We have information on how to check in, learn more and get support.

Come see us.

Thank you.