

The purpose of the Mental Health Ministry is to equip our parish community members to recognize mental illness warning signs in themselves and in others and to know how to engage one another to promote overall mental health. Mental illness is diagnosed individually, but its prevention and the reduction of its pain are in the hands of the community. Jesus calls us to love one another as he has loved us. Through mental health ministry, we better learn how to love one another—even when it is difficult, even when our own suffering seems unspeakable.

What to Expect from Mental Health Ministry when Your Parish Becomes Involved

- ◆ Survey the parish regarding instances of help and hope for living with Anxiety and Depression and other mental illnesses as well as needs in the area of mental health.
- ◆ Build a team at the parish who are interested in creating an atmosphere of hope and an increased willingness to reach out to one another when life gets difficult.
- ◆ Train that team to be able to improve the abilities of the parish
 - ◇ To feel confident to reach out to one another.
 - ◇ To be equipped to identify warning signs, to connect each other with resources, and to walk with one another during the speed bumps of life.
 - ◇ To be aware that mental health incidents are normal and not something that people need to face alone or that need be feared.
 - ◇ To begin to understand that although mental illness is diagnosed individually, hope for prevention and healing lies in the community.
 - ◇ To address unique needs of the parish from a menu of many offerings such as getting speakers on different topics, teaching various skills, and courses on mental illness and the church.

How to participate:

Please call or email Rebecca Freeman, Pastoral Care Ministry Coordinator, to confirm your interest in having this ministry in your parish: rfreeman@rcbo.org or (714) 282-6059.