MENTAL HEALTH Challenges

"The thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful; it needs nearness, proximity" - **Pope Francis**

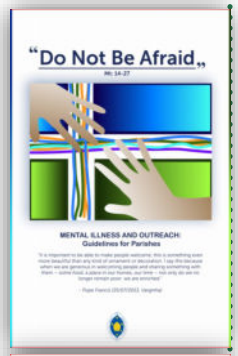
Bishops Release Mental Illness, Outreach Guidelines

Catholic Teaching on Mental Health
(Justice & Peace Office)

(*Please **Click** on all **LINKS** in **blue***)

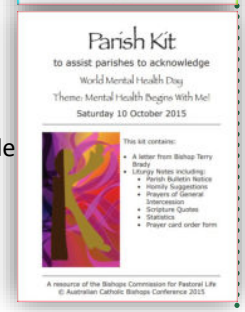
2020-21: To Live Life to the Full - *Mental Health in Australia Today:* **Social Justice Statement 2020-2021.**

...The Bishops observe that "*our society tends to draw away from, or to push away, those who confront us with our frailties and limitations*" which is "completely at odds with the story of Jesus" who "*takes on the frailty of the human condition*."



Do Not Be Afraid: Mental Illness and Outreach - *Guidelines for Parishes* (An Office for Social Justice Parish Resource (OSJ) **2019**).
Auxiliary Bishop Donald Sproxton writes "*...The stigma of mental illness can be as damaging to families and carers as the illness itself. In fact, misconceptions about mental illness often exasperate the condition*."

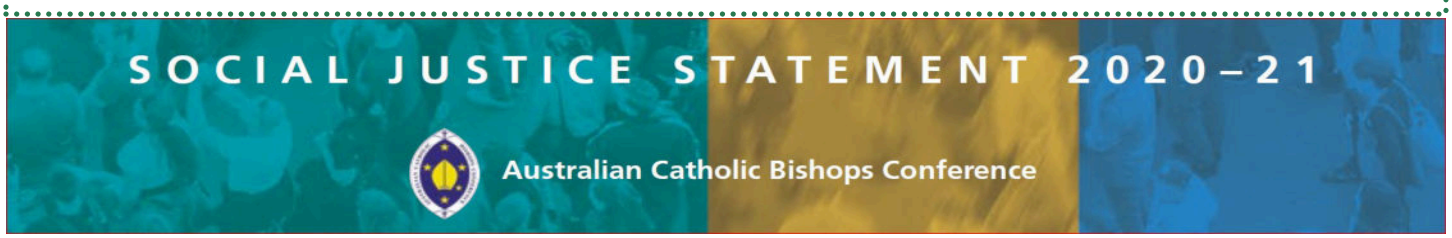
"...So, if our God can meet us where we are, surely we are called to meet our brothers and sisters suffering with the isolation and loneliness mental illness can sometimes bring."



Mental Health Begins With Me: *Parish Kit to Acknowledge World Mental Health Day* (A resource of the Bishops Commission for Pastoral Life © Australian Catholic Bishops Conference (ACBC) **2015**).
"*...People living with mental health challenges, are no less members of the Body of Christ than anyone else...*" says Bishop Terence Brady.

The kit asks the question… 'How are we, as a parish, encouraging and promoting the full participation of people with mental illness and their families in our faith community? How are we healing wounds and warming hearts?'

"Well, Christ took all human suffering on himself, even mental illness. Yes even this affliction, which perhaps seems the most absurd and incomprehensible, configures the sick person to Christ and gives him a share in his redeeming passion." - **Pope Saint John Paul II**



✞ MENTAL HEALTH Challenges

"A God who can enter into the depths of our suffering is not repulsed by our woundedness or disfigurements, but who meets us wherever and whoever we are, heals us by bringing us ever closer to Himself ."

Pope Francis (A Big Heart Open to God: A Conversation With Francis)

Prayer Card - SJS Prayer Card (pdf)

Prayer Card - World Mental Health Day (jpg)

Prayer - Show Me My Neighbour (pdf)

Key Contact Links:

www.catholic.org.au/

www.socialjustice.catholic.org.au/

www.emmauscommunity.org.au

www.shopfront.perthcatholic.org.au/

www.stbarts.org.au/

www.homelessnessaustralia.org.au/

www.passages.org.au/

www.who.int/campaigns/world-mental-health-day/

A Place to Call Home - Emmaus Community (video)

Your Guide to Supporting R U OK (pdf)

Exploring the Links between Homelessness & Mental Illness (pdf)

Pope Francis _Compassion for the World (video)

ORDER the below **Resource - Supporting People with Mental Illness in Your Parish**

Key Dates:

20th February	World Day of Social Justice
1st March	Zero Discrimination Day
5th-11th August	Homelessness Week
10th October	**World Mental Health Day**
17th October	Intl Day for the Eradication of Poverty
10th December	Human Rights Day

"It is important to be able to make people welcome; this is something even more beautiful than any kind of ornament or decoration. I say this because when we are generous in welcoming people and sharing something with them - some food, a place in our homes, our time - not only do we no longer remain poor: we are enriched."

Pope Francis (25/07/2013)