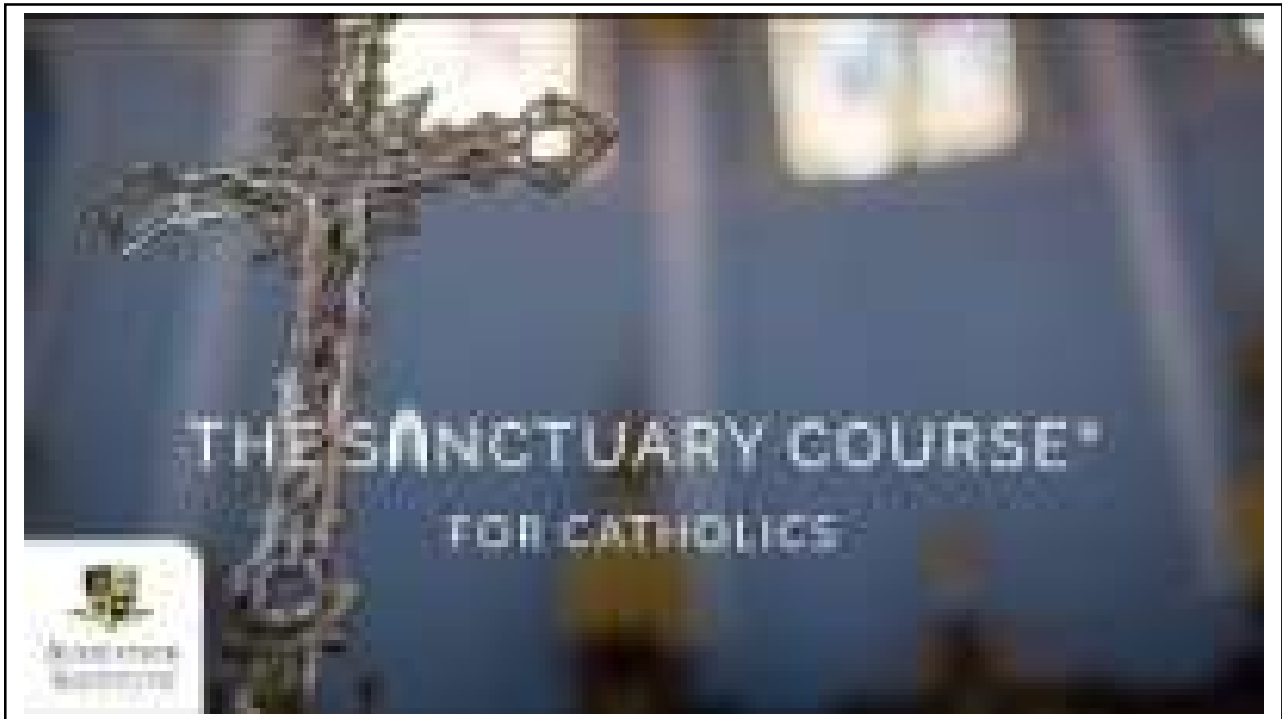




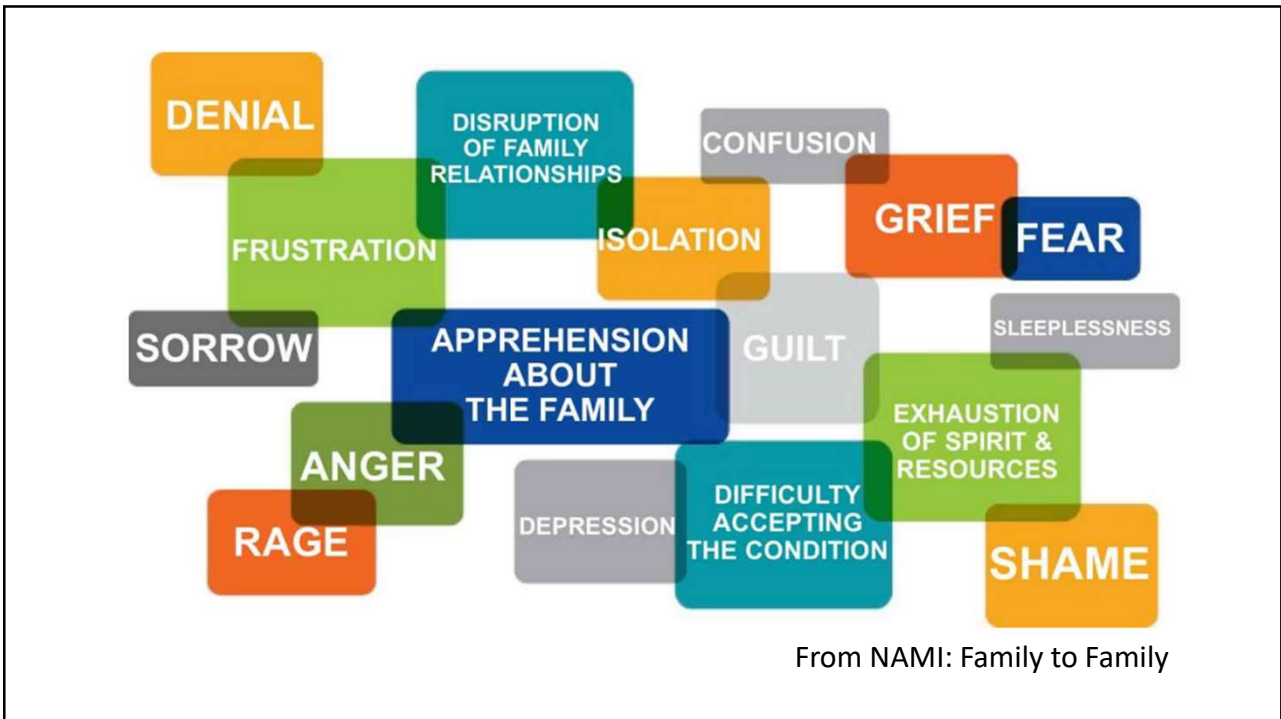
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4

What family members may be experiencing:

Shame and
isolation

Fear of loved
one's wellbeing

Lack of
resources/access
to care

Mental illness
not responding
to treatment

Relapse

Grandparents
raising
grandchildren

Financial impact
of treatment

Guilt when
setting healthy
boundaries

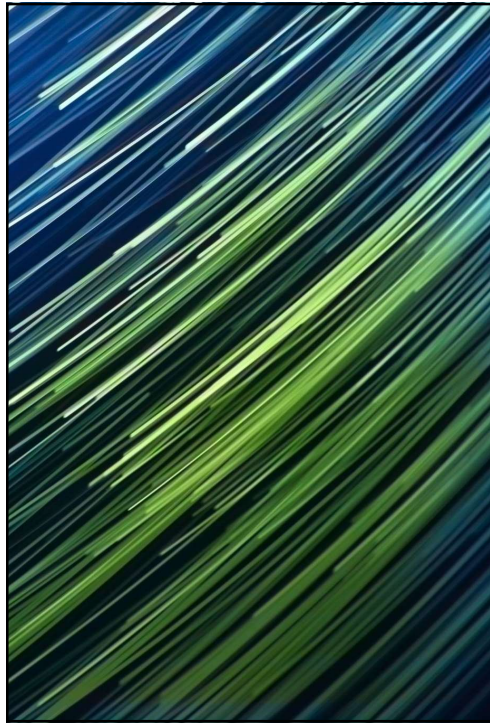
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Create a welcoming parish community

Helpful

- All created with dignity
- Meeting the person where they are at
- “Gift” of the experience of mental illness
- Healing – helping others
- Everything God created is Good – Genesis
- Human condition
- Scripture

6



Create a welcoming parish community

Unhelpful

- God is testing you
- You need to just pray harder
- You are being punished by God
- Judgmental Opinions
- Topping their story with your own
- Denying their reality

7

Do's and Don't of Mental Health Conversations

DO

Ask Open ended Questions

DON'T

Dismiss mentions of uneasiness, sadness, hopelessness

8

Do's and Don't
of Mental Health
Conversations

DO

Listen intently to their feelings and ensure that they know their feelings are valid. Ask for clarity when necessary

DON'T

Invalidate feelings they share with you

9

Do's and Don't
of Mental Health
Conversations

DO

Have the conversation in a comfortable, one on one setting

DON'T

Attempt to have a personal conversation in a space that is not conducive to privacy

10

Do's and Don't of Mental Health Conversations

DO

Be encouraging and offer unwavering support

DON'T

Say that "everything is going to be alright". We cannot guarantee after we are done that things will get better. It takes time and effort to recover from a mental illness and some diagnoses last a lifetime

11

Do's and Don't of Mental Health Conversations

DO

Share lived experiences, when relevant. Finding common ground can help a person to open up.

DON'T

Don't offer specific solutions to issues. We want to leave solutions to mental health professionals.

12

Do's and Don't of Mental Health Conversations

DO

Ensure that you are creating a safe space by setting honest expectations for interaction.

DON'T

Don't make promises to keep something a secret. Sometimes when people are at risk, we need to share information for safety reasons. This is especially true with youth.

13

Association of Catholic Mental Health Ministers: Developing Mental Health Ministry

Principle 1:

Christ calls us to attend to those who suffer from mental illness and provide hope and healing

14

Mental
Health
Ministry

Principle 2:

The scope and burden
of mental illness in our
society is enormous.

15

Mental
Health
Ministry

Principle 3:

Those suffering from
mental illness should not
be stigmatized or judged.

16

Mental Health Ministry

Principle 4:

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

17

Mental Health Ministry

Principle 5:

We must meet and attend to those in need where they are.

18

Mental Health Ministry

Principle 6:

Those impacted by
suicide need our
compassionate response.

19

Holy Listening

Holy listening, that is, listening in the context of the healing presence of God, means hearing what a person tells us and letting their story unfold at their pace. It affirms a person's dignity and value. Their story is a sacred story. We respond and react to their story in a non-judgmental way with an unconditional love for the person. Holy listening allows and encourages people to relate their experiences in a supportive atmosphere that leads to comfort and healing.

20

What you can offer

Ask, what does support look like for you?

May I pray for you and your loved one?

Meals, housecleaning, yardwork, respite

Transportation

Checking in with them periodically

Continuing to present even when the road is long

Smiles & Hugs

21

Boundaries in ministry

Know your limits—when to refer

Ask for assistance

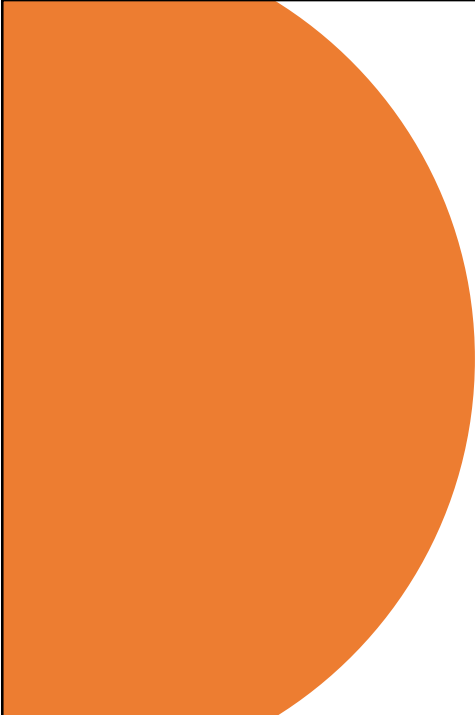
It's OK and healthy to set boundaries

Take care of your own mental health

Find balance and joy in your life

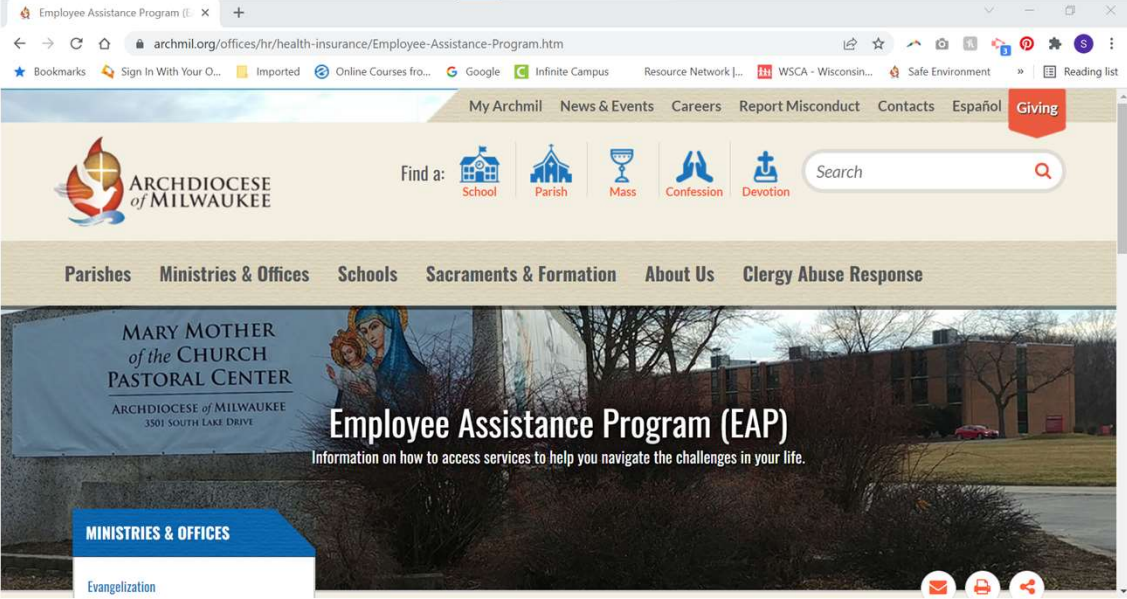
Know when you might be acting on your own “stuff”

22



| | |
|-----------|--|
| Do | What you can do to help remove stigma: |
| Change | Change the language of how suicide and mental illness is talked about. |
| Preach on | Preach on mental health. Hold a Mass of Healing. |
| Suggest | Suggest intercessory prayers focused on healing for those with mental illness. |
| Support | Support the development of a mental health ministry at your parish. |
| Seek out | Seek out professional continuing education on mental health topics. |

23



Employee Assistance Program (EAP)

Information on how to access services to help you navigate the challenges in your life.

MINISTRIES & OFFICES

Evangelization

24