



# SAINT PIUS X MENTAL HEALTH *Ministry*



With the help of Catholic Charities and the Association of Catholic Mental Health Ministers, SPX volunteers are developing a lay ministry of accompaniment to address the mental health needs of parishioners and their families. A core team is meeting for training and to consider what this ministry will look like at Saint Pius.

Goals include:

- Educate parishioners and their families on topics related to mental health and wellness in light of our Catholic faith;
- Provide spiritual accompaniment to those who need it;
- Reduce the stigma of mental illness;
- Work with existing groups in the parish such as the Grief Support, Stephen, Elizabeth's Embrace, Bereavement, Catholic in Recovery and other ministries which already offer spiritual support to parishioners; and
- With the help of Catholic Charities, guide parishioners and their families in finding mental health resources such as counseling/therapy or support groups when necessary.

# We talk about mental health here

Prayer is important as well: You may have already heard periodic prayers of the faithful for those with mental health needs and their families. Those will continue, and we're considering other liturgies to offer support.

We want everyone to know that Saint Pius is a safe place to talk about mental health.

**For more information:**

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[StPius.net/mentalhealth](http://StPius.net/mentalhealth)

