



The Catholic Institute for Mental Health Ministry (CIMHM)

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COVID-19 Ministry Resources

March 2020

- US Conference of Catholic Bishops Reflection and Prayer during coronavirus:
 - [English version linked here](#)
 - [Spanish version linked here](#)
- NAMI COVID-19 Resources and Information for our community members with mental illness ([Linked here](#)).
- Our friends in Orange County have created a webpage that provides access to Sunday mass live-streamed in English, Spanish and Vietnamese from Christ Cathedral. Many other dioceses are also offering live streaming of Sunday Mass, and here's a chance to see it celebrated in the beautiful Christ Cathedral ([Linked here](#)).
- The Knights of Columbus have shared the following suggested actions for their members during this time. In general, doing something productive during a time of crisis helps alleviate anxiety. With that in mind I believe the Knights' recommendations are good suggestions for all Catholics that are willing and able to do some or all of these actions:
 1. Pray. During this period, we urge every member and his family to pray the Supreme Council's novena based on the prayer of Pope Francis ([printable](#) or [video](#) prayer), as well as [a prayer](#) being promoted by the United States Conference of Catholic Bishops.
 2. Help keep yourself, your families and your communities safe by cancelling all "in person" Knights of Columbus meetings and activities at the local or state level until otherwise indicated. This disease spreads when groups of people gather, so it is important that we avoid activities that could spread this illness. Councils should pursue online and/or teleconferencing options for meetings, fundraising, etc. until the danger has passed. The Supreme Council will be providing additional information on such options shortly.
 3. Leave no Knight – or neighbor – behind. If members of your council – or community – are elderly or have underlying medical conditions, please ensure that they have enough food. If you or others in your council have food to spare, offer to drop something off on their doorstep or to shop online for them.
 4. Give blood. Many communities are facing blood shortages. Those not being recommended to isolate themselves due to illness, age or underlying conditions should consider giving blood. National blood drives were pioneered by the Knights of Columbus in the 1930s, and this life saving activity remains an important aspect of our charitable work today.

- Healing prayers to Our Lord, The Holy Mother and the Saints. Below are links to prayers for healing, including our Patron, St. Dymphna:
 - A Coronavirus Prayer to our Lord (From the Executive Editor of America Magazine)
 - [English Version](#)
 - [Spanish Version](#)
 - [Audio File \(English\)](#)
 - [St. Dymphna \(Mental Illness\)](#)
 - [St. Bernardine \(Respiratory Illness\)](#)
 - [Prayer to St. Mary, Queen of Angels for her Intercession](#)
 - [Prayer to St. Mary for protection in times of pandemic](#)
 - [Prayer for Strength](#)
- Here are some ideas for continuing your Mental Health Ministries during this period.
 - Remote prayer meetings via Zoom, Facetime or Google Meet. For more information on these platforms see the links below:
 - [Facetime](#)
 - [Google Meet](#)
 - [Zoom](#)
 - Most Churches are remaining open during business hours for adoration and prayer. Consider having mental health ministry information available on a table near the Church entrances with contact information for the ministry. This could include instructions for remote access to ministry team members for prayer, accompaniment and mental health referrals. For example, ministry members may be available by phone on a rotation basis for this purpose.
- Finally, be sure to adhere to CDC COVID-19 guidance for faith leaders ([Linked here](#)).