



Mental Health Statistics

- 1 in 5 adults experience mental illness in any given year.
- Depression is the leading cause of disability worldwide.
- 50% of children ages 8-15 with mental illness do not receive treatment.
- 90% of those who die by suicide have underlying mental illness.
- Suicide is the 10th leading cause of death in the U.S, and the 2nd leading cause of death for people aged 10-24.
- 17% of high school students report seriously contemplating suicide.
- There are 2x more suicides than homicides in the U.S.

From www.nami.org

Contact Us

About Parishes:

Contact: Erica Cohen Moore
Email: Erica.Cohen@seattlearch.org
Phone: 206-382-4852

About Schools:

Contact: Sandy Barton Smith
Email: Sandra.Smith@seattlearch.org
Phone: 206-382-4842

Visit us at:

www.facebook.com/mentalhealthministry



**MENTAL HEALTH
 MINISTRY**
 Archdiocese of Seattle



Archdiocese of Seattle

MENTAL HEALTH MINISTRY

Mission Statement: Following Jesus Christ as our teacher, we gather our wisdom and resources, reaching out to parishes and schools, to create welcoming communities of compassion, support, and education to reduce the stigma of mental illness.



St. Dymphna – The Patron Saint of Mental Health

Ways Parishes & Schools Can Support People with Mental Illness & Their Families

- **HOMILIES & PRAYERS** – Include petitions relating to mental illness in Prayers of the Faithful and Homilies.
- **EDUCATE & TRAIN** – Offer regular opportunities for the community to grow in mental health literacy. For example, invite parish groups to have speakers on mental illness at their meetings.
- **REFERRALS** – Know how and where to make a referral for adults, youth, and children.
- **ACCOMPANY** – Simply be present to people with mental illness and their families.
- **HEALING** – Specifically include mention of mental illness when inviting parishioners to a healing service.
- **INVITE** – Invite persons with mental illness who live in group homes or apartments near your parish to worship and social events.
- **ADVOCATE** – Advocate for improved access to mental health services through organizations and legislation.

Annual Mental Health Opportunities for Parishes & Schools

Mental Health Networking Luncheons

Inclusion Ministry Masses

Mental Health Awareness Month (May)

Annual NAMI Walk (June)

Suicide Prevention Month (September)

Mental Health Awareness Week (October)

Mental Health First Aid Training (www.mentalhealthfirstaid.org)

Mental Health Resources

Life Threatening Emergency

911

24 Hour Suicide Prevention Lifeline

800-273-TALK (8255)

www.suicidepreventionlifeline.org

National Catholic Partnership on Disability

202-529-2933

www.ncpd.org/mentalillness

Crisis Clinic Hotline

1-866-427-4747

National Alliance on Mental Illness

www.namiwa.org

NAMI – Faith Net

www.nami.org/NAMIFaithnet

NAMI – Family to Family

www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-family

NAMI – Ending the Silence

www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence

Navigating a Mental Health Crisis

www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis

WA Mental Health Info Line

800-446-0259

www.dshs.wa.gov/dbhr/

Mental Health First Aid

www.mentalhealthfirstaid.org/take-a-course/find-a-course

St. James Cathedral Mental Health Ministry

www.stjames-cathedral.org/education/mentalhealth.aspx

Archdiocesan Schools

<https://mycatholicsschool.org/for-catholic-schools/catholic-identity/mental-health-resources/>

Archdiocesan Facebook Page

www.facebook.com/mentalhealthministry

Hope & Healing – CA Bishops’ Letter

www.cacatholic.org/hope_and_healing

Chad’s Legacy Project

www.chadslegacy.org

WA Mental Health Summit

www.wamhsummit.org

