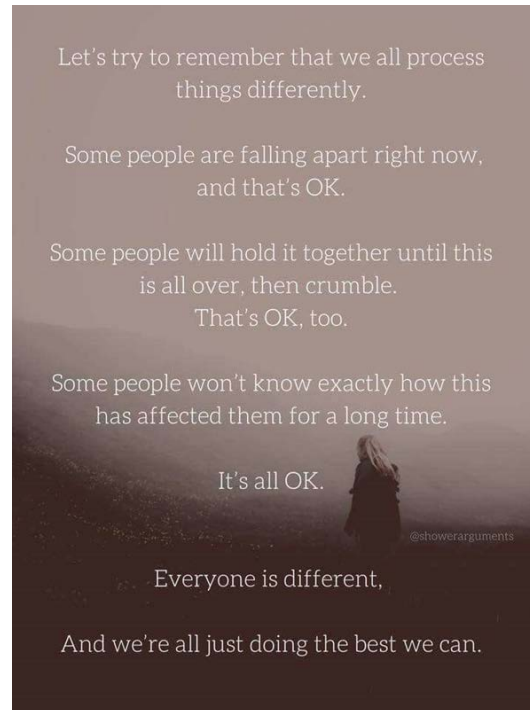


## Mental Health Monday: April 20, 2020

*It's been just about a month now, and maybe by this point you're feeling like you've hit a pretty good stride, maybe you have some good days and some hard days, maybe, like me, the bitter and the sweet seem to mingle each day. This week, I wanted to share a couple of resources around self-awareness, which in turn can help us stop and take care of ourselves when we need to, and be better aware of how the others around us are doing too.*



This blog post from the Catholic Apostolate Center has some wonderful practical experience and tips:

<https://www.catholicapostolatecenter.org/blog/mental-health-and-coronavirus-covid-19-resource>

NAMI (National Alliance on Mental Illness) has put together a very helpful guide, to help answer some of the concerns that may be most on our minds during this time: NB: This is not a carte blanche endorsement, but there are many helpful resources, including support groups!

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

## Mental Health Monday: April 27, 2020

*The reality is that stressful and difficult times can aggravate addiction, anxiety and depression, as well as bring an increase in violence and aggression. Connecting and getting the right support can make all the difference. If you or someone you love is experiencing these things, help is available.*

Start Local...

1. There are many good resources available on our ArchIndy websites for mental health and substance abuse ministries.

<https://www.archindy.org/humanlifeanddignity/mental-health.html>

<https://www.archindy.org/humanlifeanddignity/ministries-sam.html>

2. Counseling Services through Catholic Charities: For More Information: 317-236-1500  
Mental health/counseling services are offered via teleconferencing or by telephone. Please note: Medicaid is covering Telehealth counseling.

"Quick Dial" Resources... We hope and pray you will not find yourself in a crisis situation, but here are a few "quick dial" resources that are always good to have on hand:

- Crisis Text Line: "And Then There Were None" ministry has opened up their crisis text line. Get support for anxiety, suicide, depression, self-harm, emotional or sexual abuse, loneliness, even school stress. Text "HOME" to 741741 any time, day or night.
- For people who are gravely disabled or in immediate danger to themselves or others: Call 911 and ask for a CIT Officer
- For people thinking about suicide, call the National Suicide Prevention Lifeline: 1-800-273-8255

Parenting has its challenges in the best of circumstances... add in restrictions, upended routines and close quarters and we can easily find ourselves ready to snap. There's support here too!

National Parent Helpline: peer support from trained advocates.

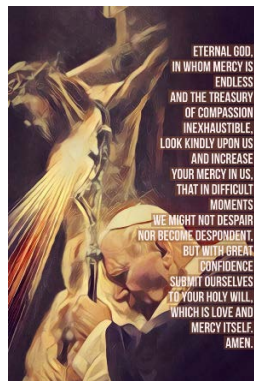
<https://www.nationalparenthelpline.org/>

(1-855-427-2736)

HOURS OF OPERATION:

Monday through Friday

1:00 PM to 10:00 PM EST



## Mental Health Monday: May 4, 2020

*"Nestling in silence against the heart of God, with the open Bible over our head like the wings of the Holy Spirit, is still the best antidote, the one thing necessary to chase away from our interior territory all that is useless, superfluous, worldly, and even our own self"*

Robert Cardinal Sarah "The Power of Silence" (74)

**Here are some practical reflections and thoughts on embracing silence in our lives.**

<https://youtu.be/MGNKeTs7Pbo>

### **Mindfulness and Centering Prayer:**

Mindfulness and centering prayer have become quite popular, and especially right now as people look for ways to cope with their experiences during this time of crisis. It is important that we understand the roots and dangers of these practices, as well as the richness and beauty of the engagement of our whole being, intellect, will, and body in relationship with God, who loves us, and whose temple we are, which is what Catholic contemplative prayer calls us to.

*Entering into contemplative prayer is like entering into the Eucharistic liturgy: we "gather up:" the heart, recollect our whole being under the prompting of the Holy Spirit, abide in the dwelling place of the Lord which we are, awaken our faith in order to enter into the presence of him who awaits us. We let our masks fall and turn our hearts back to the Lord who loves us, so as to hand ourselves over to him as an offering to be purified and transformed." CCC 2711*

<https://spiritualdirection.com/2019/11/08/the-mindfulness-myth-part-1-divine-intimacy-radio>

<https://spiritualdirection.com/2019/11/15/the-mindfulness-myth-part-2-divine-intimacy-radio>

### **May is Mental Health Month!**

The National Catholic Partnership on Disability (NCPD) has compiled many very helpful resources for supporting yourself, and your parishioners, including resources for any time, and resources more specific to the current situation we are in.

Check out their resources here: <https://ncpd.org/taxonomy/term/22>



## Mental Health Monday: May 11, 2020

*This week we'll focus on a couple more local resources and opportunities to support Mental Health during this quarantine time...*



### Be Well Indiana

Throughout this site, you'll find information and resources compiled by the Indiana Division of Mental Health and Addiction designed to help Hoosiers stay connected and maintain their well-being. These resources have been validated by local and national experts to ensure that you have access to reliable information that you can trust. If you haven't seen it yet, this is a helpful, interactive website, with a great variety of resources! <https://bewellindiana.com/>



Our first online series will be on the Emotional Journey of Suicide Loss Survivors. Join us on zoom, May 17 from 4 to 6 pm. We will focus on the multitude of emotions that suicide loss stirs with Christine Turo-Shields LCSW, EMDR Trained Therapist, and a loss survivors panel representing various types of loss. Click for more information and to register.

[https://archindy.org/fatima/calendar/YouAreNotAlone.html?fbclid=IwAR28GMFYTKIX\\_Tm2rAo8DrslZebcSsxCFcmSrWxgp42iW3at5v0vNI9NGYM](https://archindy.org/fatima/calendar/YouAreNotAlone.html?fbclid=IwAR28GMFYTKIX_Tm2rAo8DrslZebcSsxCFcmSrWxgp42iW3at5v0vNI9NGYM)

### Catholic Guide to Depression

Not a "local" resource per se, but a good one! This guest, Dr. Aaron Kheriaty, has also written a book by the same name.

Interview: <https://youtu.be/8SIWIQ0ZUqY>

The book: <https://www.amazon.com/Catholic-Guide-Depression-Aaron-Kheriaty/dp/1933184760>



**May 15 is the feast day of St. Dymphna, patroness of those who suffer from mental illness**

Good Saint Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need. (Mention it.)

Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to Them for me and obtain my request.

(Pray one Our Father, one Hail Mary and one Glory Be.)

Saint Dymphna, Virgin and Martyr, pray for us.

**Mental Health Monday: May 18, 2020**

### **The Saints and Mental Health**

*I love the saints. I love being amazed by their courage, their virtue, the grace they allow to flow and work through them. Yet the heroic virtue they witness is never in spite of them, never in spite of the challenges they faced, but by God's grace, and through a truly human act of self-awareness, and of the will to love God in the midst of and through their circumstances. This week, I wanted to share some saints who wrestled with the darkness, whether diagnosed mental illness or not, and a beautiful prayer of abandonment.*

St. Teresa of Calcutta: A Saint Who Conquered Darkness

<https://blog.franciscanmedia.org/franciscan-spirit/mother-teresa-a-saint-who-conquered-darkness>

Depression and St. Therese of Lisieux

<http://healthycatholics.com/?p=294>

St. Benedict Joseph Labre:

A patron for bachelors, mental illness, mentally ill people, beggars, hobos, the homeless.

[https://youtu.be/\\_omjL6bsS-I](https://youtu.be/_omjL6bsS-I)

### **Prayer of Abandonment by Fr. Bill Casey**

This prayer contains some phraseology drawn from the writings of St. Therese of Lisieux: her “Way of Spiritual Childhood” and from the diary of St. Maria Faustina Kowalska entitled, “The Divine Mercy in My Soul.”

“Jesus, I Love you.... Jesus, I trust in you....

Lord, teach me not only to accept, but to truly love my littleness and my inner poverty, and to place blind trust in your infinite goodness and mercy, that I may be entirely dependant upon your protective, fatherly care and experience the transforming power of your grace in my life...

My Lord and Savior, I know that you love me more than I can ever imagine, and that you have a plan for my life that will end in eternal glory if I but surrender my heart and soul to you, entrust myself completely to you, and allow you to lead me always, especially through the darkest hours of my life....

My loving Jesus, let the fire of your Holy Spirit purify my soul, my senses, and my entire being to remove from my life anything that might stand as an obstacle to my ability to enkindle that flame of pure love – the love that you desire to receive from me....

Lord, teach me to be not only resigned to your holy will, but to always seek your will, embrace your will, and truly, lovingly abandon myself to it, with joyful confidence that you desire my happiness far more than I do my own. Let my faith response be to give thanks and praise to you always, even when you will that I bear the cross of suffering. With the holy and immaculate Virgin Mary, let me say “yes” to your divine plan for my life, knowing that great things happen when we say “yes” to you....

Most Sacred Heart of Jesus, let me love you with all my soul and all my strength. Grant me the grace to adore you with every beat of my heart and with every fiber of my being, that I may love you with the same passionate intensity with which you have loved me....

My Lord and my God ... .

I am the stone ...You be the sculptor

I am the clay ..... You be the potter

I am the instrument ....You be the composer and the musician

I am the canvas .... You be the painter ...the Master Artist of my life ... .

Jesus, show me what you want me to do.... Jesus, I trust in you.”

## **Mental Health Monday: May 25, 2020**

*Happy Monday! As we wrap up May, the month for Mental Health Awareness, this will be the last official "Mental Health Monday". However, we will certainly be continuing to share good resources in the Big 3, and elsewhere!*

### **A Perspective on How to Address Anxiety and Stigma:**

<https://youtu.be/QobPwsQOgsI>

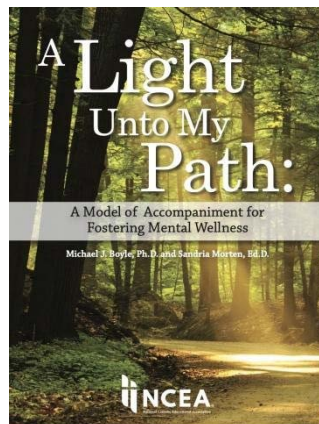
### **In the Image and Likeness of God: Always? Illness of the Human Mind.**

I would like to share a beautiful address from Pope St. John Paul II, from November 30, 1996 to participants in the international conference sponsored by the Pontifical Council for Pastoral Assistance to Health-Care Workers.

<https://www.ewtn.com/catholicism/library/mentally-ill-are-also-made-in-gods-image-8863>

### **A Light Unto My Path: A Model of Accompaniment for Fostering Mental Wellness**

**By: Dr. Michael Boyle and Dr. Sandria Morten**



Though this is geared toward schools, I believe there are some good practical applications here for parish ministry as well!

Book available for purchase through NCEA website

NCEA Presentation: <https://youtu.be/UWBdtZ4xiCM>