

# MAY 2022

## WALKING IN HOPE

### DAILY OFFERINGS

### FOR HEALING

S	M	T	W	T	F	S
1 For those struggling with anxiety	2 For those struggling with depression	3 For those struggling with abandonment	4 For those struggling with Bipolar disorder	5 For those struggling with mood disorders	6 For those struggling from eating disorders	7 For those struggling from Obsessive Compulsion disorder
8 For those struggling with PTSD	9 For those struggling with schizophrenia	10 For those struggling from grief and loss	11 For men & women with post-abortive trauma	12 For those struggling with an addiction to drugs	13 For those struggling with an addiction to alcohol	14 For those struggling with a sex addiction
15 For those struggling with a pornography addiction	16 For those struggling with suicidal thoughts	17 For those who have lost a loved one by suicide	18 For those who have suffered from sexual abuse	19 For those who have suffered from physical abuse	20 For families experiencing conflicts	21 For those struggling with Seasonal Affective disorder
22 Strength for families who have a loved one with an addiction	23 Strength for families who have a loved one with an eating disorders	24 For mothers struggling with Post-Partum Depression	25 Wisdom and guidance for mental-health counselors	26 For those suffering from emotional abuse	27 For those who suffer from the trauma of poverty related issues	28 For those suffering from spiritual abuse
29 For those struggling with isolation, hopelessness, or loneliness	30 For all those struggling with any mental illness	31 For an end to the stigma of mental illness				

# WALKING IN HOPE

BUT THOSE WHO HOPE IN THE LORD  
WILL RENEW THEIR STRENGTH.  
THEY WILL SOAR ON WINGS LIKE EAGLES;  
THEY WILL RUN AND NOT GROW WEARY,  
THEY WILL WALK AND NOT BE FAINT.

- ISAIAH 40:31



## ***Mental Health Awareness Month: May 1– May 31***

May is Mental Health Awareness Month as well as the feast day of St. Dymphna, the patron saint of those with mental illnesses. To help bring awareness to the pervasiveness of mental illness in our society, please join Catholic Charities-Social Concerns in a **month long walking challenge** to nourish both our mental and spiritual health.

**The Challenge:** Each day in the month of May, take a walk as an offering for the daily mental-health intention that is listed on the Walking In Hope Calendar. Whether you pray a Rosary or a Divine Mercy Chaplet, or simply lift up in prayer those specific names that have been placed on your heart of individuals or families who are struggling with the disease of mental illness, your prayers will bring healing to others. Feel free to invite others to walk with you on your journey. Share your experience and a picture on Facebook. Don't forget to tag Catholic Charities - Social Concerns. Just know that you are not alone on your journey to better mental, spiritual, emotional and physical health.

## ***What is mental illness?***

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have — or think you might have — a mental illness, the first thing you must know is that you are not alone. For a list of Catholic mental health therapists, visit

<https://www.archindy.org/marriageandfamily/therapists.html> or scan the QR code to the right.

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

--Information provided by the National Alliance on Mental Illness



## ***Take the next step.***

Project Hope is part of the Archdiocese of Indianapolis Mental Health Ministry. It is a faith-based mental health support group where you can come encounter Jesus through community, support, and scripture. You will have the opportunity to share your own experiences and process challenges through the lens of Scripture and Catholic teaching. A group will consist of 8-10 adults including a facilitator who is a mental health professional. Project Hope will meet weekly for 6 weeks and each meeting will include: a time for checking in and sharing, prayer, reflecting on scripture, and fellowship.

to learn more visit [www.archindy.org/humanlifeanddignity/mental-hope.html](http://www.archindy.org/humanlifeanddignity/mental-hope.html)