

Mental Health Awareness Weekend ~ You Are Not Alone

This October, the Catholic Church in the United States is renewing its National Catholic Mental Health Campaign— a year-round initiative to recommit efforts to raise awareness and prayer beginning on World Mental Health Day (October 10th) and continuing to the feast of Saint Luke, patron of health care (October 18); the novena has been made available to all parishes in Dearborn County. The message of this campaign is clear: **Everyone who needs help should receive help.** It is a time to encourage all people to become more aware of the issues, eliminate stigmas around mental illness, seek creative ways to journey with those who struggle, and focus on effective and compassionate mental and spiritual health and wellness by acting in love and charity.

As your pastors in solidum, we begin by saying we are here for you— **You are not alone.** We pray for you daily at 6 am and all throughout the day. You have a parish family that cares deeply about you; your parish community is a place for you to turn to for holy friendships, prayer, and opportunities for your soul to flourish. Most importantly, the sacramental life of the Church exists to be a vessel of God's abounding grace for each of you.

Our faith teaches us that we have a personal God who desires only the good for each of us. We have a God who entered into our world, suffered, died and rose for us 2000 years ago and who -makes present again- Calvary and the empty Tomb for us at every Mass. The love that He showed for us then is the same love that He has for each of us today and we pray you experience this love each time you are at Mass.

Yet despite these truths, evil does exist and it wreaks havoc on people's lives. Satan is real and he looks for ways to seep into the lives of God's children. This reality gives all the more reason for us to reiterate to you— **Everyone who needs help should receive help AND you are not alone.**

As priests, we are often invited into confidential conversations with people who are in desolate places in their spiritual journey. In these times, we have witnessed that not all depressed or anxious moods are from mental health problems. Instead, these can be times when God is at work in a person's suffering to draw him or her closer to Himself. Guided by the Holy Spirit, our response in these conversations may include: recommending added time in silence and adoration, resting and listening for God's voice; suggesting the reading of scripture, especially the Psalms, or other spiritual books, looking toward Saints of the Church who have experienced dark valleys of the soul; seeking God's merciful love in the sacrament of reconciliation.

God created us for happiness and He wants to bring joy into our lives. Knowing this truth, we often center conversations around a Fr. Meyer favorite acronym "MESS" and start by asking the question, "Is your life a mess?". Every person ought to be focussing on ways to respond with a resounding NO, but oftentimes that is not the case; we feel stressed, over-committed, and often lack the energy or desire to do anything to change it. But God created us for more!! Commit to these four simple but important daily steps and begin today to turn you MESS into a healthier, more JOYFUL life.

Move- commit to some sort of movement each day

Eat- eat healthy and stay hydrated

Sleep- get a good night's sleep, begin with turning off all electronics an hour before bedtime

Silence- be intentional about creating silence and prayer in your life

With this in mind, we want to begin by listing the opportunities for you to turn to God's infinite love as a means to combat struggles you may be facing.

Adoration: Perpetual adoration 24/7 at Lourdes Chapel, Aurora, and All Saints Chapel, St. John Campus; Wednesday adoration 9 am - 9 pm at St. Teresa Benedicta of the Cross Church, Bright.

Confession Times: 12 Hours 9am-9pm, 1st Friday at ASP-St. Martin and 3rd Friday at St. Mary's; 30 minutes prior to all regular daily Masses; available by appointment with your priests.

Priest's Email Address: frmeyer@dccatholics.com; frhollowell@dccatholics.com

Parish Office Phone Number: All Saints, 812-576-4302; St. Lawrence-St. Mary-St. Teresa, 812-537-3992

However, because we are aware that mental health problems are **very real**, we want to offer you on the reverse side of this sheet a list of mental crises and support numbers in our area and nationally.

In His Service,

Fr. Jonathan Meyer and Fr. John Hollowell, Pastors in solidum

RESOURCES

If you are in crisis or you think you may have an emergency, call 911 immediately.

If you're having suicidal thoughts, dial or text 988 to talk to a skilled, trained counselor at a crisis center in your area at any time (National Suicide Prevention Lifeline).

People can also dial 988 if they are worried about a loved one who may need crisis support. <https://988lifeline.org/>

Reach out to your primary care physician in times of physical and mental needs.

Whole Hearts Psychology – Local Catholic Professional Therapists, 812-221-7932.

Dr. Joseph Molitor, Ph.D, and Dr. Emily Elder, Ph.D; 23401 Gavin Ln, Lawrenceburg, IN 47025 (located on the campus of St. Teresa in Bright).

Rebel Soul Counseling, 812-220-3813- Terry Coy, Marriage & Family Therapist, MA, LMFT, IMFT;
1188 Ridge Avenue, Lawrenceburg, IN 47025

St. Elizabeth Behavioral Health in Greendale, 859-301-5901.

Ruah Woods Psychological Services, 513-407-8878. Integrating the best of psychological science and the truths of the Catholic faith.

INcompass Healthcare, 877-849-1248. Serving Southeastern Indiana, offering access to on-call therapists for mental health and substance abuse issues.

Archdiocese of Indianapolis Crisis Resource Page- <https://archindy.org/crisis/index.html>

Authentic Life Counseling - Telehealth Only (must be located in the state of Indiana).

Brian Bibb, MS, LMHCA, BrianBibb@authenticlifecounseling.org ~ www.authenticlifecounseling.org/

NAMI - National Alliance on Mental Illness- Indiana- <https://www.namiindiana.org/>

NAMI Helpline: 800-950-NAMI or Text Line: Text NAMI to 741-741 to connect for free 24/7 support.

National Association of Catholic Chaplains- <https://www.nacc.org/> (search using “mental”)

Ave Explores: Stress, Anxiety, and Mental Health - Online resource

<https://www.avemariapress.com/aveexplores-mentalhealth/>

Do you feel stressed out, anxious, or depressed? Are you afraid to talk with a professional because you're worried that someone will find out and think less of you? What steps can you take to regain a sense of balance and peace?

Ave Explores: Stress, Anxiety, and Mental Health has some answers to your questions and concerns.

National Domestic Violence Hotline

800-799-SAFE (7233)

Trained expert advocates available 24/7. Help is available in Spanish and other languages.

National Sexual Assault Hotline

800-656-HOPE (4673)

Connect with trained staff members from a sexual assault service provider in your area that offers access to a range of free services.