



CMHM

CATHOLIC MENTAL HEALTH MINISTRY INDIA

Guidelines for Implementation

————— FIRST EDITION —————

CBCI Office for Healthcare



Pope Leo XIV
with Deacon Ed
Shoener,
Founder and
President of the
International
Association of
Catholic Mental
Health
Ministers





CMHM

Catholic Mental Health Ministry

Guidelines for Implementation



CATHOLIC BISHOPS CONFERENCE OF INDIA (CBCI)

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January 22, 2026

Dear Brothers and Sisters in Christ,

Grace and peace to you in the name of our Lord Jesus Christ.

The growing reality of mental and emotional suffering in our society calls for renewed pastoral attention. These challenges affect individuals and families across all stages of life and are increasingly present within our parishes, institutions, and communities. As a Church entrusted with the healing mission of Christ, we are called to listen with sensitivity and respond with compassion, wisdom, and hope.

At this significant moment for the Church in India, I am pleased to commend the Guidelines for Catholic Mental Health Ministry in India. These guidelines are the fruit of careful and prayerful effort, integrating faith, pastoral care, and responsible support. They draw from lived experience and the wider tradition of the Church, offering a path of accompaniment and healing for those who suffer.

I commend this initiative wholeheartedly and present these guidelines as a pastoral aid to dioceses, parishes, and institutions in their ongoing mission of care. May they serve as a source of light, encouragement, and healing for all entrusted to our ministry.

Invoking the intercession of Our Lady of Health, I pray that these efforts may bear abundant fruit in the lives of our people.

With prayerful blessings,

Andrews Thazhath

Andrews Thazhath

Metropolitan Archbishop of Trichur &
President, CBCI





Most Rev. Lumen Monteiro, C.S.C., D.D.

Bishop of Agartala

Dear Brothers and Sisters in Christ,

The Healthcare ministry of the Church has always sought to uphold the dignity of the human person by caring for the whole individual—body, mind, and spirit. This mission flows from the compassion of Christ, who healed and restored those burdened by suffering.

In recent years, the need for a clearer and more coordinated pastoral response to mental health concerns has become increasingly evident. These challenges touch every sphere of life—healthcare, education, parish ministry, and social outreach—and call us to respond with renewed sensitivity and responsibility.

The Catholic Mental Health Ministry India initiative seeks to meet this need with pastoral wisdom and care. These guidelines are rooted in our Catholic faith, informed by ethical principles, and shaped by lived experience within the Indian context. They respect professional boundaries while affirming the Church's vital role in awareness, accompaniment, and referral.

It is my sincere hope that these guidelines will serve as a valuable resource for dioceses, parishes, and institutions as they discern appropriate and compassionate responses to mental health needs. May they strengthen our collective mission of healing and bring hope to those who struggle.

"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

With prayerful blessings,

Most Rev. Lumen Monteiro, CSC

Chairman, CBCI Office for Healthcare

THOMAS THARAYIL
METROPOLITAN ARCHBISHOP
OF CHANGANACHERRY



ARCHBISHOP HOUSE
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KERALA, INDIA

Message

Across India, we are witnessing a growing mental health concern that touches people of all age groups, socio-economic backgrounds, and faith communities. Experiences of anxiety, depression, emotional distress, substance dependence, and even suicide have become pressing pastoral and social realities. Catholic Mental Health Ministry India (CMHM) is a timely and authentic response to these challenges.

CMHM India operates directly under the CBCI Office of Health Care Commission, ensuring credibility and accountability. It works in close collaboration with dioceses, clergy, religious congregations, Catholic hospitals, educational institutions, social service organizations, and lay leadership. Together, these partners strive to bring healing, hope, and dignity to those suffering in silence. As Scripture reminds us, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28).

I extend my heartfelt congratulations to all involved in this noble mission. May God bless CMHM India to remain at the forefront of meaningful social action.

With prayers and support, I encourage you to continue this journey of compassion and service,



✠ Archbishop Thomas Tharayil
Archeparchy of Changanacherry

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Dear Brothers and Sisters in Christ,

These guidelines for Catholic Mental Health Ministry in India have emerged from an extended process of listening, reflection, and pastoral engagement within the Church in India. Over time, interactions with bishops, clergy, religious, mental health professionals, and laity have highlighted both the growing mental health challenges faced by our communities and the pressing need for clear pastoral guidance.

It is important to note that these guidelines for Catholic Mental Health Ministry in India are not intended as uniform programs. Rather, they serve as a guiding framework that may be adapted thoughtfully according to local contexts and needs. While drawing upon the wisdom and resources of Catholic mental health ministry at the international level, they remain firmly grounded in the pastoral realities, structures, and priorities of the Indian Church.

Offered in a spirit of service, these guidelines seek to support faith-filled, ethical, and compassionate responses to mental health concerns. May they inspire dioceses, parishes, and institutions to walk with those who suffer, bringing hope and healing in the light of Christ.

"Bear one another's burdens, and so fulfill the law of Christ." (Galatians 6:2)

With kind regards,

Fr. Santhosh Dias

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National

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SOURCES AND ACKNOWLEDGEMENTS

These guidelines have been shaped very much by the Indian Church context. They reflect what has been learned over the years through real pastoral and professional experience, introducing and supporting mental health ministry initiatives among the clergy, religious, and lay faithful in parishes, institutions, and communities.

Numerous consultations, training sessions, meetings, and pastoral encounters, both in person and online, have enabled the CMHM India Team to create this document, bringing together voices from different regions and walks of life. The steps and shared experiences have been thoughtfully and prayerfully adapted to respect the realities of the Church in India, including its structures, cultural sensitivities, and pastoral priorities, while remaining in harmony with diocesan leadership and existing Catholic Church ministries and organizations.

The guidelines document also draws on insights from the second edition of the Catholic Mental Health Ministry Guidelines for Implementation by The International Association of Catholic Mental Health Ministers, which offers a faith-based and ethical foundation for mental health ministry rooted in accompaniment and care.

We express our sincere gratitude to the bishops, clergy, religious, mental health professionals, lay leaders, and pastoral workers whose insight, experience, and commitment have contributed to the development of these guidelines, in a spirit of communion, discernment, and shared mission.

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1

Background and Rationale

Mental health is an integral dimension of human well-being. It influences how individuals think, feel, relate, work, and participate in family and community life. Like physical health, mental and emotional well-being require care, understanding, and timely support.

Across India, we are witnessing a growing mental health concern that affects people across age groups, socio-economic backgrounds, and faith communities. Experiences of anxiety, depression, emotional distress, substance dependence, and suicide have become significant pastoral and social realities.

According to available national and global data, a substantial portion of the population lives with mental health challenges, with increasing vulnerability among youth and adolescents.

(Source: World Health Organization; National Mental Health Survey of India (Ministry of Health & Family Welfare); National Crime Records Bureau (India)).

While these figures are not specific to Catholic communities, the Church too encounters this suffering among its faithful—within families, parishes, institutions, religious communities, and clergy. As a Church entrusted with Christ’s healing mission, we are called to respond with compassion, wisdom, and responsibility, accompanying those who suffer, their families, and caregivers with faith-informed care and appropriate professional support.

2

Our Response

In response to this pastoral and social reality, the CBCI Office for Healthcare has initiated the Catholic Mental Health Ministry (CMHM India) as a collaborative network within the broader healthcare and social apostolate of the Church.

CMHM India works in collaboration with dioceses, clergy, religious congregations, Catholic hospitals, educational institutions, social service organisations, and lay leadership. The ministry seeks to integrate pastoral care and professional mental health awareness, fostering communities where faith and psychology work together in the service of the human person—mind, body, and spirit.

The ministry aims to:

Reduce stigma surrounding mental illness and suicide

Encourage open, respectful conversations on mental well-being

Correct myths and misunderstandings related to mental health

Promote timely pastoral and professional help-seeking

Foster safe, inclusive, and non-judgmental environments within Catholic settings

3 Vision

To nurture faith-filled and compassionate communities that promote mental and emotional well-being and accompany those who suffer, their families, and caregivers, in the light of the Gospel and the Church's healing ministry.

4 Mission Statement

To integrate Catholic faith, psychological understanding, and pastoral care across Catholic ministries and institutions, so that accompaniment of the wounded becomes a visible expression of God's mercy.

5 Objectives

- 01 To promote awareness of mental health as part of holistic human well-being
- 02 To uphold the dignity of persons living with mental illness and reduce stigma
- 03 To create safe and compassionate spaces for listening, healing, and dialogue
- 04 To offer basic mental health literacy and pastoral skills training to clergy, religious, educators, lay leaders, families, and caregivers
- 05 To build collaborative networks across diocesan, religious, and lay-led Catholic institutions and ministries
- 06 To encourage timely referral to appropriate professional care and treatment, when required, while continuing pastoral accompaniment and support

6 Governance, Team Structure, and Role

CMHM India operates under the guidance of the CBCI Office for Healthcare and collaborates with regional and diocesan healthcare structures.

- A** Regional Level (Team composition may include clergy, religious, mental health professionals, and laity)

Recommended:

- Regional Bishop for the Healthcare Commission
- Regional Secretary for the Healthcare Commission
- CMHM Regional Coordinator/Director and team

The pastoral presence of a bishop at the regional level, while not required for daily operations, provides valuable guidance, encouragement, and ecclesial grounding.

B

Archdiocesan/Diocesan Level (Team composition may include clergy, religious, mental health professionals, and laity)

- » Operates with the knowledge and approval of the local Archbishop/Bishop
- » A minimum team of three members is recommended
- » Attention is encouraged to include persons with lived experience or caregiving experience, where appropriate, to enrich pastoral sensitivity
- » All members are expected to complete approved formation (point 15) in Catholic Mental Health Ministry as guided by the CBCI Office for Healthcare, ensuring shared vision, ethical clarity, and consistency

Recommended:

- » **Bishop (Advisor)**
- » **Archdiocesan/Diocesan Healthcare Commission Coordinator**
- » **CMHM Diocesan Coordinator/Director and team**

The pastoral presence of a Bishop at the Archdiocesan/diocesan level, while not required for daily operations, provides valuable guidance, encouragement, and ecclesial grounding.

C**C. Roles & Scope**

- » **Clergy, Religious, Volunteers, and Non-Professionals:** Their roles include listening, providing support, praying, making referrals, and offering presence and accompaniment. They should never offer professional counseling/ therapy unless they are trained and qualified to do so
- » **Mental Health Professionals (licensed):** These individuals provide clinical care outside of the ministry structure whenever possible

- » It's important to note that some individuals may hold dual roles due to their experience and educational background. However, a clear distinction between the roles of each team member is essential for effectively running a Mental Health Ministry. Mixing roles or overlapping responsibilities can lead to confusion, burnout, and fatigue, ultimately negatively impacting those involved
- » No individual without proper training, professional credentials, or experience should attempt counseling, therapy, diagnosis, or provide advice regarding medication

(The Church, health care professionals, and scientific researchers should work together to improve mental health care. Psychiatry and mental health professionals have their place. But their tasks are different (although complementary) from the tasks of the Church. ("Hope and Healing" California Conference of Bishops, 2018)

7 Pillars of the Ministry

CMHM India is guided by three interconnected pillars: Education, Accompaniment, and Advocacy. The Regional and Diocesan teams should collaborate and thoughtfully evaluate the local context and sensitivities surrounding Mental Health and Suicide.

Pillar I: Education - Forming the Mind

I Focus areas include:

- Basic mental health literacy and understanding common conditions
- Recognising signs of distress and substance-related challenges
- Reducing stigma and correcting misconceptions
- Suicide prevention awareness
- Legal and ethical awareness in the Indian context
- Importance of professional treatment and self-care

Church-related formation includes:

- Church teachings and pastoral documents on mental illness
- Pastoral approach to suicide and grief
- Role of prayer, sacraments, and liturgy in healing

Outcome: Improved pastoral responses, early identification, and responsible referral.

Pillar II: Accompaniment - *Forming the Heart*

This pillar focuses on creating safe and pastoral spaces for:

- Persons experiencing mental distress
- Families and caregivers
- Those grieving loss, including suicide bereavement

Key practices include:

- Compassionate listening and respectful communication
- Caregiver encouragement and guidance
- Volunteer companion networks for regular check-ins
- Integration of spiritual support alongside professional care
- Emphasizes the importance of taking professional health and treatment if required.

Accompaniment always complements, and never replaces, professional treatment.

Pillar III: Advocacy - *Community Witness*

Advocacy within Catholic settings seeks to:

- Promote awareness and dialogue
- Encourage early help-seeking
- Affirm human dignity

Examples include:

- Mental health awareness programs
- Observance of key days and pastoral initiatives
- Educational sessions for students, families, couples, clergy, and staff
- Use of parish and institutional communication platforms

8 Ethical Framework and Boundaries

CMHM India operates within clearly defined ethical and legal boundaries, informed by:

- Mental Healthcare Act, 2017
- Catholic pastoral and safeguarding norms
- Best practices in mental health care



Catholic Mental Health Ministry National Conference 2025

“Mental health ministry is essential to integral to human development and a universal human right.”

Cardinal Michael Czerny, S.J., Prefect of the Dicastery for Promoting Integral Human Development,

Catholic Mental Health Ministry vs Mental Health Treatment: Understanding the difference, boundaries, and scope of work.

| Feature | Mental Health Ministry | Mental Health Treatment |
|-----------------------|--|---|
| Core Focus | Psycho-social-spiritual support accompaniment, and reducing stigma | Diagnosis, clinical treatment, and rehabilitation |
| Training Level | Basic mental health literacy, pastoral sensitivity | Advanced degrees (Psychiatry, Psychology, Social Work) |
| Setting | All kinds | Hospitals, clinics, private practices, and rehabilitation centers |
| Methods Used | Listening, prayer, community engagement, referrals | Therapy (CBT, DBT, etc.), medication, assessments |
| Scope | Supportive presence and accompaniment | Clinical diagnosis, treatment planning, and crisis intervention |
| Spiritual Integration | Central to ministry; uses scripture, prayer, and sacraments. | Optional or client-directed; not always integrated |
| Role in Crisis | De-escalation, psychological first aid, referral to professionals | Direct intervention, hospitalization, and suicide prevention |

For all types of professional help and treatment, CMHM India has an existing list of referrals. In addition, we offer ongoing partnership opportunities to organizations that possess the resources and expertise to assist those in need. The appointed teams at both the regional and diocesan levels are encouraged to create their own lists of professionals, hospitals, and other crisis-related support contacts, other than what is already available with CMHM India.

Core Principles (Non-Negotiable)

- Dignity of the human person
- Do no harm
- Clear competence and role boundaries
- Integration of faith and professional care
- Confidentiality with safety-based limits

9

Safeguarding, Consent, and Legal Awareness

- Informed consent for participation
- Parental consent for minors
- Mandatory reporting in cases of abuse or imminent harm
- Alignment with Indian legal frameworks
- Suicide attempts are treated as distress, not crime.
- The ministry must never obstruct access to professional care.
- No claims of “healing” or “curing” mental illness.

10

Confidentiality and Data Protection

Respect for confidentiality is essential to the trust and integrity of Catholic Mental Health Ministry. All those involved are expected to handle personal information with care, discretion, and responsibility.

In practice, this includes:

- Collecting only minimal information necessary for pastoral accompaniment or referral
- Refraining from sharing personal details or conversations without the individual’s consent, except where safety or legal obligations require otherwise
- Sharing prayer intentions only with explicit consent and without identifying information

- Ensuring that any records maintained are stored securely and accessed only by authorised persons

Confidentiality is always exercised in a manner that upholds both pastoral care and the safety of individuals.

11 Referral and Crisis Protocol (Essential)

Each regional and diocesan team is encouraged to maintain an updated referral list, which may include:

- Local counsellors, psychologists, and psychiatrists
- Catholic hospitals, rehabilitation centres, and healthcare services
- Relevant helpline numbers and emergency contacts

In situations of crisis, particularly where there is risk of self-harm or harm to others, the following principles apply:

- Immediate professional help is to be encouraged and prioritised
- No individual minister or volunteer is expected to manage a crisis alone
- Absolute secrecy should not be promised when safety is at risk, especially in cases involving suicidality, self-harm, or threats to others

These measures exist to protect the dignity, life, and well-being of all involved.

12 Ethical Communication

All communication within Catholic Mental Health Ministry should reflect the Church's commitment to truth, compassion, and hope.

Accordingly, ministry members are encouraged to:

- Avoid spiritualising mental illness or attributing blame to individuals who suffer
- Refrain from sensational testimonies, exaggerated claims, or pressure-based healing narratives
- Use language that is respectful, accurate, and hopeful, fostering understanding rather than fear or stigma

Ethical communication strengthens trust and supports responsible pastoral accompaniment and help-seeking behaviour among individuals.

13 Governance and Accountability

To ensure transparency, responsibility, and fidelity to the Church and safeguarding norms, the ministry operates with appropriate oversight.

Where possible, this may include a small coordinating or oversight group, comprising representatives such as:

- A member of the clergy
- A qualified mental health professional
- A lay coordinator
- A safeguarding representative

Such structures help ensure that the ministry remains accountable, ethically sound, and pastorally responsive, while functioning in communion with regional/ diocesan leadership.

14 Scope of the Ministry Across Various Catholic Settings

The Catholic Church in India serves through a wide range of ministries, institutions, and apostolates. These include parishes, dioceses, educational and healthcare institutions, social outreach organisations, and other initiatives that operate either directly

under diocesan leadership or in communion with the Church while retaining administrative autonomy.

Recognising this diversity, the Catholic Mental Health Ministry does not follow a single uniform model. Rather, regional and diocesan teams are encouraged to prayerfully discern how the three pillars of the ministry—Education, Accompaniment, and Advocacy—can be meaningfully integrated within each setting, taking into account local needs, available resources, and pastoral sensitivities.

The following examples are offered only as illustrative references, and not as prescriptive models:

A Educational Settings

(Schools, Colleges, Medical and Nursing Institutions)

Within educational institutions, the ministry may support mental and emotional well-being through initiatives such as:

- Integrating age-appropriate mental health awareness into existing curricula and formation programmes
- Offering orientation and training for teachers, principals, and parents on mental health, emotional well-being, and early identification of distress among students
- Establishing Counselling Centers, Listening Corners or Wellness Cells for students, teachers- school staff and parents, appropriate to the institution-s capacity and context
- Incorporating mental health themes within moral science, value education, and faith formation programmes
- Providing opportunities for spiritual accompaniment to Catholic students, staff, and families who seek it
- Conducting mental health and suicide prevention awareness outreach programmes for teachers, school staff, parents, and others.

B Healthcare Settings

(Hospitals, Dispensaries, Clinics, and Health Centres)

In healthcare institutions, mental health ministry initiatives may include:

- Mental health and emotional well-being sessions for healthcare staff, frontline workers, and caregivers
- Basic training for staff on responding with sensitivity to patients and families experiencing emotional or psychological distress
- Mental health and suicide prevention awareness programmes for staff and patient communities
- Establishing Listening Corners or Wellness Support Spaces, where feasible, for staff, patients, and families
- Offering spiritual accompaniment to Catholic staff, patients, and families who desire pastoral support

C Parish Settings

(Parishes, Pastoral Units, Small Christian Communities, and Parish Associations)

Within parish life, the ministry may support mental and emotional well-being through initiatives such as:

- Integrating basic mental health awareness into parish catechesis, youth ministry, family apostolates, Small Christian Community (SCC) gatherings, and other ministries.
- Offering orientation or sensitisation sessions for parish priests, religious, catechists, youth leaders, and lay coordinators on mental health, emotional well-being, and early identification of distress
- Establishing simple Listening Corners, Wellness Support Spaces, or designated times for pastoral listening within parish premises, appropriate to the parish-s capacity and context

- Incorporating themes of compassion, emotional well-being, resilience, and hope within homilies, catechetical programmes, and parish faith formation initiatives
- Providing opportunities for spiritual accompaniment, prayer, and sacramental support for parishioners and families experiencing mental or emotional distress, while encouraging professional care where needed
- Organising parish-level mental health and suicide prevention awareness programmes, especially for youth, families, caregivers, and vulnerable groups

These examples demonstrate how the Catholic Mental Health Ministry can be adapted thoughtfully across different Church settings, always respecting institutional boundaries, professional roles, and local diocesan guidance, while remaining faithful to the ministry's core values and pastoral mission.

15 **Formation and Ongoing Support**

Formation is central to Catholic Mental Health Ministry. It equips those who wish to serve with compassion, ethical clarity, and pastoral responsibility, while ensuring that all ministry activities remain firmly within appropriate personal, professional, and ecclesial boundaries.

Through formation, the mental health ministry is carried out safely, consistently, and in communion with the wider Church, allowing it to be responsibly adapted and extended across regions, dioceses, and various Catholic settings.

Formation is open to all those who feel called and are committed to advancing the mission of CMHM India, fostering unity of vision, fidelity to Catholic values, and consistency in pastoral practice.

All members involved in the ministry are expected to demonstrate:

- Respect for confidentiality and safeguarding norms

- Willingness to collaborate with mental health professionals and other ministries
- Commitment to Catholic moral teaching and ethical boundaries
- Readiness to follow additional guidelines set by the local diocese or region

A Foundational Formation *(Mandatory)*

All members must complete foundational formation before beginning any ministry service.

Core areas of formation include:

- Understanding mental health within the Indian cultural and social context
- Awareness of common mental health conditions
- Clear distinction between Catholic Mental Health Ministry and Mental Health Treatment
- Understanding one's role as a professional or non-professional within the ministry
- Ethical boundaries, limitations, and scope of responsibility
- Consent, confidentiality, and safeguarding practices
- Recognising warning signs and knowing appropriate referral pathways
- Integrating faith, prayer, and mental health responsibly and pastorally

B Practical Skills

As part of formation, participants are trained in non-clinical pastoral competencies, including:

- Compassionate, respectful, and non-judgmental listening
- Responding to distress without spiritualising, minimising, or dismissing suffering

- Discernment regarding when and how to refer individuals to professional care
- Communicating hope while avoiding false assurances or promises of healing
- Basic listening and communication skills, understood clearly as pastoral in nature and not equivalent to professional counselling or psychotherapy

This formation ensures that ministry members accompany others responsibly, without crossing professional or ethical boundaries.

C Resources for Formation and Training

Members will be provided with standardised resources, which may include:

- Formation manuals and presentations
- Facilitator notes and case-based learning examples
- Ethical guidelines and referral protocols
- Prayer and reflection materials rooted in Catholic tradition

These resources may be used and appropriately contextualised by regional or diocesan coordinators to train others, provided they are used as approved and are not altered in ways that misrepresent the scope, ethics, or intent of the ministry.

No region or diocese is expected to function in isolation. Ongoing guidance, accompaniment, and support will be available from the National Team as needed.

16 Networking and Collaboration with Other Ministries, Organisations, and Commissions

The Catholic Mental Health Ministry is founded on a synodal approach that acknowledges the impact of mental health concerns across all stages of life and vocations. This encompasses families, youth, students, educators, clergy, religious, parish

communities, and social apostolates. Given this wide reach, it is clear that addressing mental health cannot be addressed by a single ministry alone.

In alignment with the Church's pastoral plan, the Catholic Mental Health Ministry aims to collaborate with existing diocesan offices, commissions, and ministries. This approach involves listening attentively to local realities and respecting the distinct roles and expertise of each ministry by offering support that facilitates timely and compassionate care for individuals and families.

This synodal way of working embodies the Church's call to communion, participation, and shared mission, as we journey together in service to the human person.

17 Expected Outcome

Through education, accompaniment, and advocacy, Catholic Mental Health Ministry seeks to foster communities where mental well-being is better understood, spoken about with compassion, and supported responsibly.

Rooted in faith and guided by ethical practice, the ministry accompanies individuals and families in their moments of vulnerability, encourages timely professional care, and works in close collaboration with existing Church structures. In doing so, it strengthens the Church's pastoral capacity to respond to mental health needs with dignity, discernment, and hope.

18 Conclusion

Mental Health Ministry is not merely a programme, but a mission of mercy entrusted to the Church in our time. Through attentive listening, ethical accompaniment, and collaborative care, the Church becomes ever more a listening and healing community, reflecting God's tenderness in a wounded world.

By responding to mental health needs with faith, compassion, and hope, we continue the mission of Jesus Christ, who came to “heal the brokenhearted” (Isaiah 61:1) and to restore peace to all who seek rest in Him.

"It is my aspiration that Mental health ministry will proliferate nationwide, reaching grassroot levels to offer essential support to individuals grappling with mental health challenges, their families and caregivers".

Archbishop Andrews Thazhath
President, CBCI



A Prayer for **Mental Health Ministry**

Loving God, You are our source of
healing and hope.

Like the Good Samaritan, help us to
see, listen and care for those struggling
with mental health challenges.

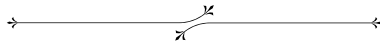
Give us wisdom to support with
compassion and courage to break the
silence and stigma.

Fill every heart with Your comfort,
reminding us that no one walks alone.

May this ministry reflect Your love,
bringing light to those in darkness.

We make this prayer
through Christ our Lord

Amen.



St. Dymphna,
*Patron for those with
Mental Health challenges,
Pray for us.*



Deacon Ed Shoener , President of the Association of Catholic Mental Health Ministers, presents the book "Catholic Mental Health Ministry Guidelines for Implementation" to Pope Francis during his visit to the Vatican in January 2024.

YOU ARE NOT
ALONE



National
Help Line
Number:


+91 9611 393 454

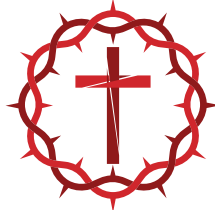
- **Counselling**
- **Guidance**
- **Referrals**



CMHM India:
A Catholic Mental Health Network
AN INITIATIVE BY CBCI'S OFFICE FOR HEALTHCARE

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