**MAY** – **Mental Health Awareness Month**

During National Mental Health Awareness Month, we honor the absolute courage of the tens of millions of Americans living with mental health conditions, and we celebrate the loved ones and mental health professionals who are there for them every day. How can you reach out to support someone who is experiencing mental health challenges? How can you make them feel more welcomed in our faith community? To learn more about Mental Health Ministry and resources for persons with mental illness and their caregivers go to [www.dmdiocese.org/mentalhealthministry](http://www.dmdiocese.org/mentalhealthministry)

Diocese of Des Moines Disability Ministry l 515-237-5073 l [www.dmdiocese.org/disabilityministry](http://www.dmdiocese.org/disabilityministry)

(Contributed by Archdiocese of Dubuque Disability Ministry)