

## Mental Illness: Breaking the Silence

**We recognize those in our Church Community who are affected by Mental Illness. The Church is a place of peace and healing.**

### Everybody Belongs...

In Baptism, we become equal in dignity as member of the Body of Christ.

**Every person bears God's Image, every person has a need to express their spiritual nature, nurtured by faith in Jesus.**

- Practice Christ-line hospitality. Mental Illness can be isolating for the person and their family
- Request prayers for people experiencing a mental illness, respecting confidentiality in your parish intentions
- Parish opportunities for the Anointing of the Sick is meant for all people experiencing illness including mental illness.

### Facts on Mental Illness:

- According to the National Alliance on Mental Illness (NAMI), one in five adults in our country will experience a mental health condition; 17% of youth (ages 6-17) experience a mental health disorder
- People with mental illness have a biological disorder which can be treated with a combination of medications and counseling just as people with diabetes are treated with insulin and diet
- Mental Illness often co-occurs with other conditions such as drug addiction and homelessness
- Early intervention, as with other types of illnesses, leads to better outcomes for the person and their family

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## Catholic Resources

### Diocese of Des Moines Mental Health Ministry

[www.dmdiocese.org/mentalhealthministry](http://www.dmdiocese.org/mentalhealthministry)

### National Catholic Partnership on Disability

[www.ncdp.org](http://www.ncdp.org) and Council on Mental Health

<http://ncpd.org/councilonmentalillness>

### Assoc. of Catholic Mental Health Ministers

<https://catholicmhm.org/>

### Pathway to Promise

<http://www.pathways2promise.org>

### Sanctuary Mental Health Ministries

<https://sanctuarymentalhealth.org>

## Community Resources

### National Alliance on Mental Illness

703-524-7600 [www.nami.org](http://www.nami.org)

### NAMI Iowa

515-254-0417 [namiiaowa.org](http://namiiaowa.org)

### NAMI Southwest Iowa

712-542-7904 <https://namisouthwestiowa.com/>

### Mind Spring Mental Health Alliance

515-277-0672 [www.mindspringhealth.com](http://www.mindspringhealth.com)

### 9-8-8 Suicide and Crisis Lifeline

Call or text 9-8-8 available 24 hours a day, 7 days a week

Church/Parish \_\_\_\_\_

Phone \_\_\_\_\_

Website \_\_\_\_\_

Thank you to Roman Catholic Archdiocese of Washington & St. Francis of Assisi for sharing the original documents with us.



Disability Ministry  
Diocese of Des Moines  
601 Grand Avenue  
Des Moines, IA 50309  
515-243-5073

[www.dmdiocese.org/disability](http://www.dmdiocese.org/disability)



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### Catholic Charities Counseling Program

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