

Parish Bulletins and Announcements

Here is suggested text that can be used in bulletins and pulpit announcements to promote this special Sunday in your parish:

On Sunday, May 5, 2024, Catholics throughout the Archdiocese are encouraged to participate in Mental Health in the Faith Communities Awareness Sunday. The special focus for this day to raise awareness in our parish communities of the importance of mental health, how we need to look after it, and how important it is to get help if we are struggling. In our faith communities, people often report experiencing shame or stigma attached to mental health and mental health illness. Having open conversations about mental health issues, listening, and sharing information, opens doors to seeking help, and healing. So, on Sunday, May 5, 2024, let's talk about mental health and help stop the silence, stigma and shame.