

## Mental Health Illness and Challenges Awareness

Purpose: To increase awareness surrounding mental health illness and challenges, advocating for help and effective legislation, and the call to prayer for those who suffer from mental health illnesses.

Whereas, There is a significant mental health crisis across the United States and around the world, which has been especially amplified in recent years with the impact of the global pandemic; and

Whereas, The U.S. Department of Health & Human Services, (Office of Disease Prevention & Health Protection, and the Center for Disease Control and Prevention), have cited sharp increases in mental health illness and disorders in all ages, especially in our youth – marked by depression, anxiety, loneliness, isolation, grief, substance use, and suicidal tendencies; and

Whereas, The U.S. Conference of Catholic Bishops' (USCCB) Committees on Domestic Justice & Human Development and on Laity, Marriage, Family Life and Youth, have launched a three-stage **National Catholic Mental Health Campaign** <https://www.usccb.org/resources/statement-national-catholic-mental-health-campaign-november-15-2023>;

*Resolved*, That NCCW members and affiliates build awareness of mental health illness and challenges through education in order to familiarize their Councils with the warning signs, the network of resources available, and how to advocate for legislative action; and

*Resolved*, That NCCW members and affiliates offer topics on mental health illness awareness when planning events and programs, inviting professionals in healthcare and law enforcement to speak on these issues and shed light on the reality of the crisis in our communities; and

*Resolved*, That NCCW members and affiliates heed the USCCB's call to pray as outlined in their **National Catholic Mental Health Campaign**, for the individuals and families of those experiencing mental health illness and challenges; encourage our government leaders to enact effective legislation that will expand mental health resources; and support our public officials as they seek justice for the marginalized individuals and families facing mental health crises.

Submitted by the 2023-2025 NCCW Spirituality Commission