



I WANT TO JOIN THE MENTAL HEALTH MINISTRY

...WHAT CAN I EXPECT?

You can expect to work with a small group of individuals who are committed to removing the stigma of mental illness and providing compassionate support to those who reach out to us for help. You might work behind the scenes by helping put on parish educational events or keeping our resource database updated. Or you might work directly with those who contact us and are in need of personal follow-up and companionship. You also will be part of those forming a brand-new ministry throughout this diocese—it will be our job to respond to the still-unknown needs of our parish community.

Mental Health Ministry

The Mental Health Ministry provides
(1) resource referrals and spiritual companionship to individuals and their families suffering with mental health challenges and
(2) education on mental illness for the entire parish.

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Those interested in
learning more about the
Mental Health Ministry
should contact:

760-757-3250 x203

mentalhealthministry@sanluisreyparish.org

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“Our actions must show that mental illness does not create insurmountable distances nor prevent relations of true Christian charity with those who are its victims.” ~ St. John Paul II (“Mentally Ill Are Also Made in God’s Image,” 2003)

MENTAL HEALTH MINISTRY

Mission San Luis Rey Parish
a Franciscan Community
of Catholic Stewards



www.sanluisreyparish.org

MENTAL HEALTH MINISTRY

Mission San Luis Rey Parish

MINISTRY IN THE FACE
OF MENTAL ILLNESS



Our Ministry exists to serve individuals and families experiencing mental illness by offering God's hope and love through practical support, encouragement, and prayer. The volunteers in this ministry have either experienced mental illness, are family members of those who have experienced mental illness, or have worked with those affected by mental illness.

This ministry is part of a new diocesan Mental Health Ministry Network under the auspices of the Diocese of San Diego Office of Social Ministry. At the parish level, three areas of service will be available:

- (1) practical support in the form of referrals to community resources;
- (2) spiritual companionship throughout the journey to mental health; and
- (3) educational opportunities for the larger parish community targeted at ending the stigma of mental illness.

FREQUENTLY ASKED QUESTIONS

Q. What about training?

A. *Initial and ongoing training is provided by the Diocesan Office of Social Ministry (under Kent Peters, Director). Videos of these trainings are available on the Diocesan website.*

Q. Is it necessary to be certified by the Diocese?

A. *Certification is not required, though pastoral approval of members is required as well as DOJ clearance for those dealing in any way with minors.*

Q. What is the time commitment?

A. *Time commitment requirements include attendance at a monthly meeting (currently on the first Thursday of each month, 7-9 p.m.) and involvement in at least one of the Mental Health Ministry program committees (i.e., helping keep an up-to-date resource database for referrals, providing follow-up and spiritual companionship to individuals who reach out to the ministry, and/or organizing and presenting a quarterly educational event for the parish as a whole).*

Q. When are members of this ministry most needed?

A. *Not known at this time. This new ministry will respond to parish needs as they arise throughout the year.*