



NATIONAL
CATHOLIC
**mental
health**
CAMPAIGN

Novena for Mental Health

We begin this Novena for Mental Health on October 10, World Mental Health Day. It is a time when people around the world are seeking to raise awareness and remove the stigma connected to mental health issues. We offer this Novena in solidarity with those suffering from mental health challenges as well as health care professionals, family, and friends who are caring for people in need. The World Foundation of Mental Health identified the 2023 theme as “Mental health is a universal human right.” We hope that this modest Novena will move all people to discern how God is calling them to offer greater assistance to those with mental health needs.

Each day of the Novena reflects on a theme related to mental health, or a particular population significantly affected by mental health challenges, using a “Pray, Learn, Act” structure. The Novena is not meant to be exhaustive of all of the many aspects of this crisis; rather, we hope it will offer nine initial entry points for people to prayerfully approach the topic. It is our sincere hope that this Novena will inspire more prayer, reflection, and creative action to address these great challenges of our time.

We note that various links to religious and secular mental health resources are included. We encourage all to utilize a variety of resources, always keeping in mind Catholic teaching and recognizing that mental health is a universal human right.