



For Immediate Release

A Sunday in October: Uniting Catholic Spirituality and Mental Health

Catholic Parishes and Organizations Invited to Offer Mental Health Resources

Recognizing the crucial importance of mental health, Catholic parishes and organizations are invited to host a seminar, resource session, or presentation integrating Catholic spirituality and mental health on a chosen Sunday afternoon or evening in October.

To aid in this important effort, NFCYM, in collaboration with Catholic Charities USA (CCUSA), is excited to offer "Whole Hearted," a free trauma awareness resource created by CCUSA. "Whole Hearted" can be delivered as a four-hour Sunday afternoon seminar or across four Sunday evenings in October, either virtually or in person.

Launched in 2022, "Whole Hearted" integrates spirituality and religious practices with behavioral health. While not intended to be used in place of clinical or professional therapy, "Whole Hearted" informs participants of trauma's impact and how one might begin to move forward from it both mentally and spiritually. This year, a version of "Whole Heart" geared specifically for young adults was developed with input from NFCYM. For more information on this free resource, available in English and Spanish, please visit [CCUSA's](#) website.

Parishes are encouraged to use "Whole Hearted" or any other resource that aligns with the needs of their communities. The ultimate aim is to foster dialogue, offer support, and raise awareness around the critical intersection of faith and mental well-being. To view NFCYM's recent webinar, "Responding to Trauma," please, [Click Here >](#).

As a supportive measure, parishes interested in participating are encouraged to join the National Federation of Catholic Youth Ministry's (NFCYM) Pastoral Care and Mental Wellness Ministry Network. By signing up at [NFCYM](#), parishes can participate in the network's ongoing conversations, resource sharing, and collaborative development of pastoral plans. NFCYM also offers a resource page on mental health, [Click Here >](#).

To kickstart this initiative, the Ministry Network will be hosting a Relaunch meeting on Wednesday, August 30 at 7:00 pm ET. All interested parties are warmly invited to RSVP, [Click Here >](#).

Born out of trauma, our faith community is well-placed to recognize and address mental health issues with compassion and understanding. Let's come together on "A Sunday in October" to shed light on mental health, integrate it with our faith, and work towards a healthier, more compassionate community.

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