

## CATHOLIC CHARITIES

Catholic Charities in the Diocese of Rockford continues the ministry of Jesus in faithfulness to the Magisterium of the Church.

Our mission is to serve God's people for the common good with compassion, dignity and respect; to assist people in achieving a degree of independence consonant with their human dignity; and to work in solidarity with the Church and other people of goodwill in advocating for justice.

hope;

## Catholic Charities Diocese of Rockford

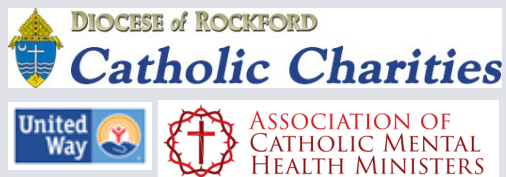
Catholic Mental Health Ministry  
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[catholiccharities.rockforddiocese.org](http://catholiccharities.rockforddiocese.org)

National Suicide Prevention Lifeline:  
1-800-273-TALK (8255)  
Call, text or Chat: 988

Revised January 2026



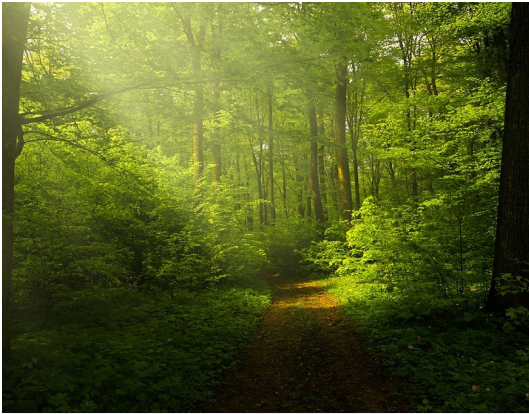
# Catholic Mental Health Ministry

"We know that all things work for good for those who love God, who are called according to his purpose."

Romans 8:28

## Catholic Charities Diocese of Rockford

*Serving God's people with  
compassion, dignity and respect.*



### Are you called to serve in Mental Health Ministry?

A mental health minister serves as a prayerful companion for fellow parishioners experiencing mental health or substance abuse challenges. We primarily provide support through holy listening, that is, listening in the context of the healing presence of God.

We affirm one's dignity and value by letting their story unfold at their pace in a safe, confidential, welcoming environment. We provide spiritual companionship through prayer, referrals, guidance on the treatment process, education and respect for the individual.

We do not take on the roles of psychologists, psychiatrists or therapists. In providing a true human connection through Christian love we journey together toward a fuller Catholic faith life.

### MENTAL HEALTH MINISTRY

A mental health minister is rooted and living in the Catholic faith; committed to assisting those with mental health and substance abuse challenges. Do you have a heart for giving and a willingness to share God's love?

A mental health minister is:

- Compassionate
- A good listener
- Respectful of all
- Willing to learn
- Reliable

Mental health ministers:

- **Do NOT provide treatment**
- Prayerfully accompany parishioners and families in need
- Seek to understand and affirm
- Serve as members of a team
- Protect confidentiality
- Model self-care
- Listen without judgement
- Establish and maintain boundaries
- Acquire mental health literacy
- Complete Mental Health First Aid
- Maintain familiarity with local treatment resources
- Cultivate hope through awareness, acceptance and accompaniment

### PRAYER FOR DISCERNMENT

Lord, my God and my loving Father, you have made me to know you, to love you, to serve you, and thereby to find and to fulfill my deepest longings. I know that you are in all things, and that every path can lead me to you.

But of them all, there is one especially by which you want me to come to you. Since I will do what you want of me, I pray you, send your Holy Spirit to me: into my mind, to show me what you want of me; into my heart, to give me the determination to do it, and to do it with all my love, with all my mind, and with all of my strength right to the end. Jesus, I trust in you. Amen USCCB

*Do not fear: I am with you;  
do not be anxious: I am your God.  
I will strengthen you, I will help you,  
I will uphold you with my victorious  
right hand.* Isaiah 41:10



Jesus, I trust in you.