



What is the National Catholic Mental Health Campaign?

The **National Catholic Mental Health Campaign** is a year-round initiative of the United States Conference of Catholic Bishops to encourage all people of good will to respond to the ongoing mental health crisis across the United States.

The Campaign was launched in October 2023 by Archbishop Borys Gudziak, chairman of the Committee on Domestic Justice and Human Development, and Bishop Robert Barron, chairman of the Committee on Laity, Marriage Family Life and Youth. The bishops note in their introductory statement, “By this Campaign, we hope to raise greater awareness of this pressing issue, to help remove the sense of stigma or embarrassment for persons who suffer, and to advocate a clear message to all: everyone who needs help should get help.”

The Campaign began with three components:

- **Novena for Mental Health** in which all the People of God can join together in prayer for women and men experiencing or impacted by mental health issues.
- **Roundtable discussions** between bishops, experts, and ministry leaders that explore and unpack issues within the many dimensions of mental health care.
- **Advocacy** for bipartisan legislation and policies that address the severe lack of health care resources for prevention and treatment of mental health conditions.



To build on the foundation of this work, the USCCB announced a new component of its Campaign in September 2025 called Healing and Hope, which focuses on amplifying local engagement on mental health and encouraging the accompaniment of those who struggle with mental illness. This new component promotes three elements: a revitalized digital campaign, state conferences on mental health, and liturgical resources for **Mental Health Sunday**.



United States
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