

# Healing and Hope

## A new component of the USCCB's National Catholic Mental Health Campaign

In light of the continuing mental health crisis in our nation, the United States Conference of Catholic Bishops announced a new component of its National Catholic Mental Health Campaign in September 2025. "Healing and Hope" is focused on amplifying local engagement on mental health and the accompaniment of people struggling with mental illness.



### Revitalized Digital Campaign

Bishops offer reflections on USCCB social media accounts to invite all people into deeper conversation on the realities and stigmas of mental health. Follow USCCB on Facebook, Instagram, and X for the latest posts, and visit the Campaign website for additional mental health resources.

### State Conferences on Mental Health

State conferences on mental health provide an opportunity for dioceses/eparchies and local groups to gather bishops, clergy, religious, and lay people for dialogue on local mental health realities. On the back of this resource are steps and suggestions for organizing a Catholic mental health conference.



### Mental Health Sunday

Parishes are encouraged to highlight mental health by praying for those who struggle with this issue during the liturgies in October. Resources are available for parishes to participate in Mental Health Sunday on the weekend following World Mental Health Day (October 10).



# Organizing a Conference on Mental Health

## Steps and Suggestions to Consider

### Step 1 - Discern the need for a conference

As you begin to think about organizing a state mental health conference, ask yourself: Would there be interest from bishops and dioceses to participate? What might the conference focus on and who would be involved? We recommend connecting with diocesan and ministry leaders to gauge interest on a mental health conference.

### Step 2 - Reach out to USCCB staff

USCCB staff is happy to assist with consulting on a mental health conference for your state. Staff can offer guidance on the process and provide you with a template for receiving approval from your local bishops. Contact Joe Jordan ([jjordan@usccb.org](mailto:jjordan@usccb.org)) or Paul Jarzembowski ([pjarzembowski@usccb.org](mailto:pjarzembowski@usccb.org)) for more information.

### Step 3 - Propose the idea of a conference to local bishops

In order for the planning of a state conference on mental health to proceed, your local bishops must approve of the event. This is a good opportunity to elicit the bishops' feedback and encourage their participation.

### Step 4 - Organize a planning committee

We encourage assembling a diverse planning committee consisting of diocesan directors in social ministry, youth/young adult ministry, education, communications, and other areas. You can also consider representatives from organizations with mental health ministries such as Catholic Charities and St. Vincent de Paul, as well as your state Catholic conference director.

### Step 5 - Meet with the committee

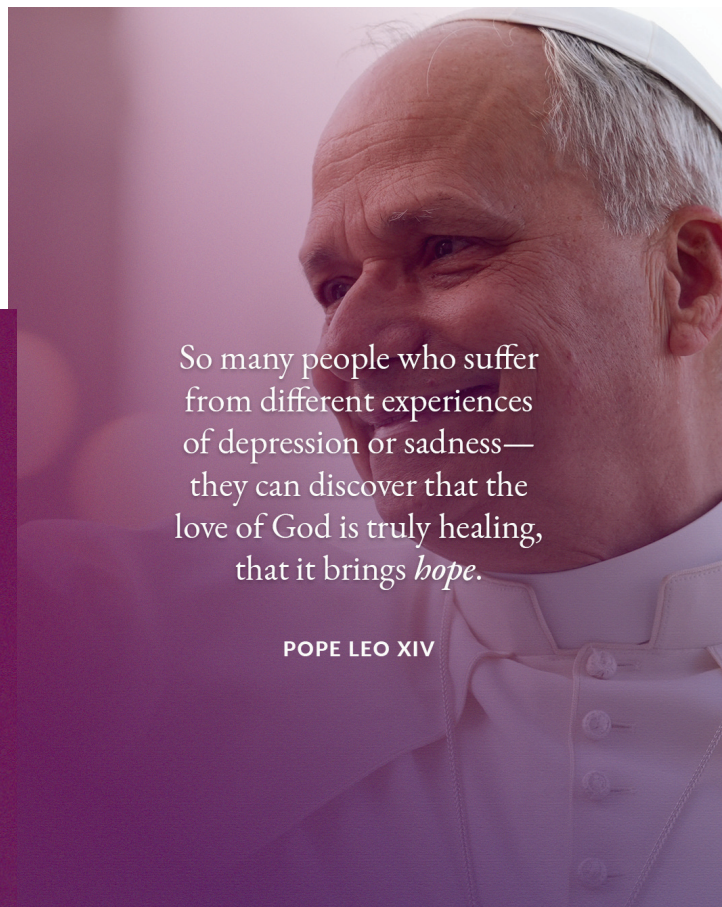
The initial meeting should aim to identify the focus of the conference. Further meetings can discuss the content of the conference, logistics, budget, promotions, and other items. The planning and promotions timeframe for a conference could be 8-12 months or longer if needed.

Discover more resources and get involved with the National Catholic Mental Health Campaign at [usccb.org/mentalhealth](https://usccb.org/mentalhealth) or by scanning the QR code below.



United States  
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So many people who suffer from different experiences of depression or sadness—they can discover that the love of God is truly healing, that it brings *hope*.

POPE LEO XIV