

**Cast all your worries
upon Him because
He cares for you.**

1 Peter 5:7



NATIONAL
CATHOLIC
**mental
health**
CAMPAIGN



About the National Catholic Mental Health Campaign

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

You can get involved by:

- Praying the Novena for Mental Health.
- Participating in Mental Health Sunday.
- Organizing a Catholic conference on mental health.
- And much more!

Learn about the Campaign by visiting usccb.org/mentalhealth or scanning the QR code below.



United States
Conference of
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Bernhard Plockhorst, 'Good Shepherd.'
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