

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



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\*\*](https://usccb.org/mentalhealth) or scanning the QR code below.



United States  
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Rembrandt van Rijn, 'Christ in the  
Storm on the Sea of Galilee.'  
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