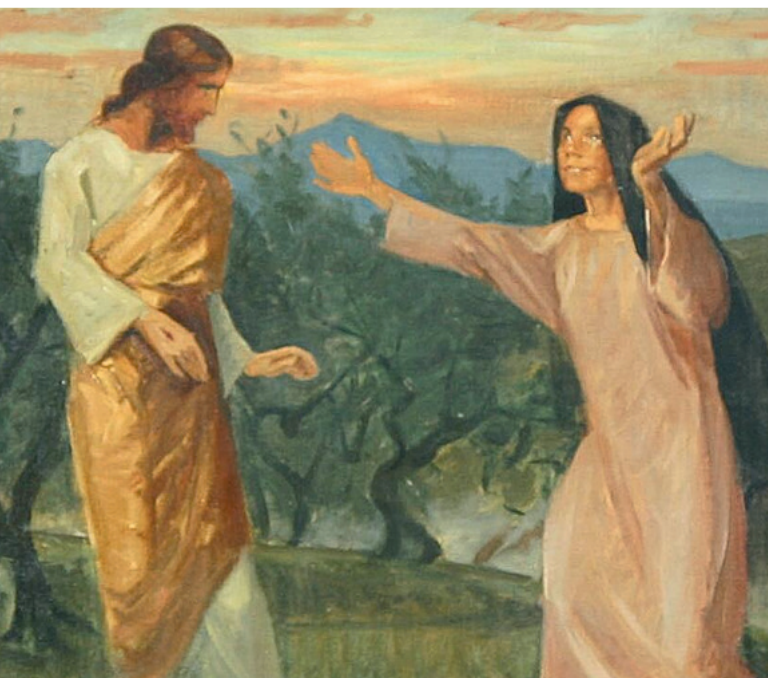


Come to me,  
all you who are weary  
and burdened,  
and I will give you rest.

Matthew 11:28



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  
Conference of  
Catholic Bishops

Harald Slott-Møller, 'Mary Magdalene and Jesus.' Creative Commons license.  
© 2025 United States Conference of  
Catholic Bishops, Washington, DC.  
All rights reserved.

