

Principle 5:

The Church, health care professionals and scientific researchers should work together to improve mental health care.

Psychiatry and mental health professionals have their place. But their tasks are different (although complementary) from the tasks of the Church.

*"Hope and Healing"
California Conference of Bishops, 2018*



Mental Health Ministry

1. Accompaniment - Journey with others as they experience God.
2. Provide spiritual and social support: a renewed sense of meaning and purpose, feel grounded in faith or other spiritual practice, and increased connection to the faith community.
3. Faith-based and God-centered. It has to do with the presence of God in a relationship and experiencing His presence.



Mental Health Treatment

1. A mental health diagnosis that manifests itself in a pervasive manner.
2. May involve several professionals to guide the treatment and to monitor medication management or any other medical concerns.
3. The goal of treatment is to reduce the symptoms. Success is defined by the absence of illness, distress or symptoms.