

MENTAL HEALTH IN FAITH FORMATION

KEY CONSIDERATIONS DURING COVID-19

RAISE AWARENESS

Use all of your regular modes of communication to help raise awareness and break down stigmas around mental health. Connect individuals and families with critical resources like the National Suicide Prevention Hotline (1-800-273-8255), Crisis Textline (740740), and Nationwide Behavior Health Services.



ACCOMPANY

With fewer in-person connections and office hours, it's important to find new ways to let those you serve know you are here for them and support them. To maintain safe environment policies, when serving minors consider assigning every young person two adults who can check in on them regularly.

RECOGNIZE, RESPOND, AND REFER

Make sure all staff and volunteers who minister are able to recognize warning signs, and know how to respond and where to refer adults and youth who are in crisis. Consider having a team training, such as SOS or Youth Mental Health First Aid, many are now available online.



SELF-CARE

In order to provide quality pastoral and spiritual care for others, you must care for your own wellbeing and that of your team. Consider creating self-care plans and keeping each other accountable; it could be as simple as listing and seeking out five things that bring you peace and joy.

Office of Religious Education and Catechesis
Diocese of Columbus

FIND MORE TIPS AND RESOURCES AT:
COLUMBUSCATHOLIC.ORG/MENTAL-HEALTH

