

## Mental Health Resources for Lent

Lent is a time of deeper focus on our prayer life to help us draw closer to God. For people with mental health concerns and for their friends and families, the chaos of the world we live in can create even more anxiety in our lives. One of the most healing things we can do as people of faith, along with good professional care, is to bring our concerns to God through our prayer. God is always present to us and prayer helps us to be present to Him. In addition to our offerings at the parish, I offer these suggestions as a way to pray this Lent. They can be found on the website the Association of Catholic Mental Health Ministers at <https://catholicmhm.org/prayer-resources>.

- Rosary Meditations for people with mental illness <https://catholicmhm.org/rosary-mental-health>
- Stations of the Cross for Persons with Mental Illness and their Families and Friend <https://catholicmhm.org/stationsofcross-labre>
- Novena for Mental Health [https://catholicmhm.org/documents/2023/11/Novena for Mental Health US Bishops-1.pdf](https://catholicmhm.org/documents/2023/11/Novena%20for%20Mental%20Health%20US%20Bishops-1.pdf)
- Each Day Prayer by Rita Lambert found on our OLMC webpage <https://ourlmc.org/evangelization/mental-health-ministry/>

May you find joy, peace, and comfort this lent in the promise of the risen Lord,

Deacon Tom