



Mental Health Ministry
Seven Sorrows BVM

Welcome to the Mental Health Ministry at Seven Sorrows.

Mental Health and Mental Wellness is a rising concern in our world today as we see an increase in cases of Depression, Anxiety, Substance Abuse and Suicide. Although it is not always as visible as physical illness, nearly 1 in 5 adults in the United States live with mental illness. Many Psychiatric disorders go untreated due to stigma. Mental health and substance abuse disorders are not a choice.

The Catholic church has long sought to support those in need, including areas of Mental Health. Parishes through out our diocese are developing Ministries that will address this great need. The Mental Health Ministry (MHM) at Seven Sorrows was developed to ensure that no one feels alone in their struggle with mental illness including those feeling the mental strain of everyday life. Spirituality and the teachings of our Catholic faith are the foundation of our Ministry while incorporating practical resources.

Our goal is to provide Spiritual support as we accompany you through your journey. The Mental Health Ministry is also committed to breaking the stigma of mental illness while educating others about the need for Mental Wellness.

A Spiritual Support Group meets the 2nd Thursday of every month in the Parish Living Room. This is done in a safe, confidential, and non-judgmental environment. This group is not “group therapy” but a ministry where members look to support others during their time of need and seek to grow spiritually in their relationship with God.

Please join us as we journey though the struggles of mental illness and the mental strain of everyday life.

Where Hope Begins