

# THE BASILICA OF SAINT MARY



## **The Basilica Mental Health and Disability Awareness Ministry**

Our parish offers a ministry focusing on mental health and disability awareness, education, and outreach. Specifically, this ministry addresses:

- Mental Illness
- Depression
- Developmental

A planning committee made up of parishioners and mental health experts meets regularly and plans quarterly workshops and presentations. The committee works to provide education, information, and resources to:

- Individuals with mental health challenges
- Parents, family members, and guardians of people with mental health challenges
- Our parishioners and Twin Cities community members

The committee has identified the following objectives:

- To create opportunities for all people with mental health challenges to be able to fully participate in the sacramental and liturgical life of our parish.
- To invite them to fully participate in other parish activities and programs.
- To create a compilation of existing community resources—public and private—to assist in accessing much needed services.

One of the great problems of mental illness and depression is the secrecy, shame, and denial that often surround these conditions and cause sufferers and their families even more pain. One way to alleviate some of this pain is to play a role in educating our parish and our community.