

MAY IS MENTAL HEALTH MONTH



From Anne Marie

People with mental problems are our neighbors. They are members of our congregations, members of our families; they are everywhere. If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries for help come. A problem of this magnitude will not go away. Because it will not go away, and because of our spiritual commitments, we are compelled to take action.
(Rosalynn Carter)

DID YOU KNOW...The magnitude of mental illness in this country is staggering? According to the Canadian Mental Health Association, one in every five Canadians experiences a mental illness in any given year. Mental illness indirectly affects all Canadians at some point through a family member, friend or colleague. These illnesses of the brain affect all of us, regardless of age, gender, educational and income levels and culture.

Mental illness affects the mind, body and the spirit. It is a real, common and treatable illness. Mental illnesses are far more common than cancer, diabetes, heart disease or arthritis.

WUC can be an important part of the recovery process through education, advocacy, support and by helping individuals and families with mental illness feel welcome.

Look for community events to highlight mental health affecting children, youth, adults and older adults. Read the bulletin inserts during May and help yourself to flyers, fact sheets and pamphlets from the info centre in the sunroom. View the DVD in the library "Families of Faith & Mental Illness". . Visit these websites:

- Canadian Mental Health Association
www.cmha.ca
- Centre for Addiction and Mental Health
www.camh.ca
- Mind your mind
www.mindyourmind.ca
- Schizophrenia Society of Ontario
www.schizophrenia.on.ca
- Mood Disorders Society of Canada
www.mooddisorderscanada.ca
- Jack.org

MAY IS MENTAL HEALTH AWARENESS

THE HUSH OF MENTAL ILLNESS

Hush say the families, we'd be embarrassed for others to know
Hush, say the ministers, someone might feel uncomfortable you know
Hush, say the deacons, we look after the physically ill, you know
Hush, say some church members, I don't want anyone to know about me or my relatives, you
know

Hush, says the government leaders, there's not enough money to go around, you know
Hush, says society, cause we really don't want to know, you know
Pray for the mentally ill my Lord did say
I died for them too, you know
Love the mentally ill, My Lord did say
My grace is sufficient for the task you know
Speak for the mentally ill, my Lord did say
For they are among the least of these, you know

By Louise Fischer [pathways2promise .org](http://pathways2promise.org)

Submitted by your parish nurse Anne Marie