

WellBeing

Mental Health & Wellness Monthly E-Newsletter



The Gift of Hope

Sandra Jones, Editor



“For I know the plans I
have for you,”
declares the Lord,
“plans to prosper you
and not harm you, plans
to give you hope and a
future.”
Jeremiah 29:11

‘Hope is being able to see that there is a LIGHT despite all of the darkness.’ ([HTTPS://www.Dreamstime.com](https://www.Dreamstime.com))

“A prayer for hope and trust in faith often focuses on seeking strength, guidance, and peace in difficult times by relying on God’s promises and presence. It involves surrendering worries, acknowledging God’s control, and seeking His will, even when facing uncertainty.”
From a prayer for hope and trust in faith.
([HTTPS://www.Google.com](https://www.Google.com))

It’s God’s plan for us to seek comfort in His arms and not struggle alone. The main objective of the ministry is to remind us that our journey is not ours alone but to embrace the spiritual aspects of our healing by embracing the community as we lend our support to others seeking wellbeing.



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Mental Health Resources

The following resources are available if needed. Please visit the website provided for additional information:

- National Alliance on Mental Illness (NAMI) offers resources to learn strategies for lifelong mental wellbeing.
[HTTPS://www.NAMlcentralpa.org](https://www.namcentralpa.org)
- Substance Abuse and Mental Health Services Administration (SAMHSA) offers resources for mental health, substance abuse, and community wellbeing.
[HTTPS://www.samhsa.org](https://www.samhsa.org)
- Esperanza: Hope for the Future offers a variety of services in Spanish. Psychiatric evaluation and medication management. Individual and Family Outpatient Therapy.
[HTTPS://www.esperanzahope.org](https://www.esperanzahope.org)
- Catholic Charities of the Diocese of Harrisburg offers Bi-lingual Spanish Counseling Services (In Lancaster).
[HTTPS://www.cchbg.org](https://www.cchbg.org)

This month the Pope's prayer is for mutual coexistence.

Often people with a serious mental illness suffer because we do not want to coexist with them. We treat them as not being worthy of respect. We turn them over to our prisons, into our streets to live in homelessness or in other ways separate them from us. May we be purified of any stigma and discrimination towards those who live with mental illness.

Pray for the grace to overcome the walls of stigma that are built because of our fears and misunderstandings about mental illness so that we can coexist by respecting the dignity of everyone.