

WellBeing

Mental Health & Wellness E-Newsletter



The Significance of Connections

This is reprinted from an article in Stand Together, "Are we too focused on the wrong things when it comes to mental health?" (<https://standtogether.org/>)



"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

Hebrews 10:24-25

"We all need connections; we all need to feel like we belong, and we all need meaning in our daily lives. [They're] working together to find ways to restore these essential elements of good mental health — solutions include things like peer support, mentorship, community involvement, group fitness, and more meaningful connection. There is a mental health professional shortage," said Talli Dolge (mental health strategic advisor for Stand Together).

"Therapy and clinical care are reactionary solutions. People don't seek them until the problem becomes critical. We have seen a noticeable shift, said Dr. Tina Clayeux, CEO of Give an Hour.



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“People want to prioritize their mental wellness but just don't know how. It's not just about needing help in times of crisis, it's about living a happy, healthy life.

Human Connection – “If we can get people more comfortable with connecting in small moments, we would have less people feeling sad and lonely and discouraged. It starts with noticing something is off in the other person and asking them about it in an inviting, curious way: ‘I noticed that you seem kind of agitated today. I'd love to ask you a little bit more about what's going on.’ You gently persist over that to help someone when you know they're not as fine as they present,” she explained. You could say, ‘actually, you don't look as fine as you might think.’

Consistent, gentle persuasion will usually open a person up, it's more important to just lean into how the other person is feeling and surround them with the sense that you're paying attention and you care. If you just drive straight through human connection and go right into solution, you miss these incredible opportunities to bond with people and connect with them.

We learned from COVID that we need each other; that sense of connectedness. The St. Joseph Mental Health Ministry strives to connect individuals who just want to be heard and accepted. They want to rid themselves of the loneliness that threatens their everyday existence. They may be surrounded by several people but that does not erase the thoughts of not being seen or heard; they still feel invisible or not good enough.

Wellbeing is a gift we can share openly but it does take a village, a community to erase the stigma. Don't wait until the loneliness explodes into a full-blown mental health incident. Find support when you feel the effects begin. Remember, safeguarding your mental health should be a priority. Participation does not show weakness or that you are “crazy.” It means that you are invested in your own wellbeing. Self-care is self-preservation. You need to be whole before you can help someone else achieve their best.

This month the Pope's prayer is for our relationship with all creation.

"Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.

Lord who loves all beings and hates nothing you have made (Wisdom 11:24). Every creature, Father, is an object of your tenderness, and you give each one a place in the world. I am amazed to see that the fleeting life of the smallest being is the object of your love, and even in those few seconds of existence you surround it with all your care.

(Excerpted from the Pope's Monthly Prayer intention for September)

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)

September/October Meetings

English Support Group	Spanish Support Group
Sept. 10, 2025	Sept. 11, 2025
Sept. 24, 2025	Joint Meeting on Sept. 24*
Oct. 8, 2025	Oct. 9, 2025
Oct. 22, 2025	Oct. 23, 2025

*We are combining the September 24 & 25 meetings to host both groups for a teaching event on September 24 . Meeting starts at 6:30 pm. Speaker event runs from 7:00-8:00 pm.