

Suicide & Crisis Lifeline

If you or someone you know needs support now:

**CALL
OR
TEXT**

**9
8
8**



1.

Call a
LIFELINE



2.

Talk with
US



3.

There is
HOPE



One in four families will experience some form of mental illness and the accompanying effects. Many experiencing a mental illness often feel isolated and alone. As members of the Body of Christ, we are called to encounter and accompany the living Christ in all persons. If you are suffering from a mental health challenge, or walking with a family member or friend in their struggles, we have resources to help.

988lifeline.org

Mental Health Ministry

*Be joyful in hope.
patient in affliction.
faithful in prayer.*

-Romans 12:12

Mental Health Ministry of the Diocese of Saint Cloud accompanies individuals and families experiencing mental health challenges, their caregivers, loved ones and pastoral leaders by providing support, resources and spiritual accompaniment.

GET RESOURCES
AND VIEW
UPCOMING EVENTS



Diocese of
SAINT CLOUD

HEART OF MERCY • VOICE OF HOPE • HANDS OF JUSTICE