



CATHOLIC BISHOPS' CONFERENCE

World Mental Health Day 2012
MESSAGE: BISHOP RICHARD MOTH

10 OCTOBER 2012

The many pressures of life in today's world bring increasing numbers of people to experience Mental distress and ill health. This year's World Mental Health Day focuses on the theme of Depression.

This can manifest itself in so many different ways and in varying degrees. There are myriad causes and the effects are often profound, affecting family life, friendships, work, self-worth – leading to a sense of isolation and sometimes despair.

Healthcare professionals play a vital role in the care of those who live with difficulties in mental health, but it is important for us all to be ever mindful of the needs of those around us, especially those who find it difficult to communicate their distress. The presence of others, even if there is little conversation, can mean so much and the gentle and supportive welcome of a parish community means so much.

On this World Mental Health Day, let us remember in prayer those who live with depression and all forms of mental ill health. Let us seek ways to offer support to them and those who care for them, especially their families and loved ones. Prayer and presence can mean so much.

+ Richard Moth