

Active Nonviolence Corner

Scripture Connection

I have summoned you by name; you are mine.

When you pass through the waters, I will be with you;

and when you pass through the rivers, they will not sweep over you.

When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord, your God, the Holy One.

(Isaiah 43: 1b-3a)



Mental Health Awareness Month

October 2025

“It is not necessary to hide mental illness . . . rather, it is necessary to make words of closeness and affection heard.” Pope Francis

Whitney’s Story

When CSSP (Center for the Study of Social Policy) spoke with Whitney in the spring of 2022, she was struggling under the weight of caring for her newborn daughter and grieving the recent loss of her mother, who had passed away from COVID-19 the year before. With her mother gone, Whitney doesn’t “really have anybody” to lean on, she explained. Whitney is dealing with the pain of loss and the chronic stress that

accompanies this grief which often leads to physical and mental health issues, including depression, trouble sleeping, and anxiety.

Our mental health is deeply connected to every element of our lives. Whitney's experiences demonstrate how mental health challenges are often created or exacerbated by system failures, such as unaffordable housing and other inadequate basic needs services, ultimately having a negative ripple effect on families' lives. Our public policies and systems do not provide all families with the services and support they deserve and have historically either excluded Black families like Whitney's and other families of color or failed to provide services and support that work for them. By centering families who are marginalized or excluded by our systems and policies, we begin to create solutions that are more responsive to and successful for all families and communities.

This story exemplifies how mental health (and health, in general) is affected by numerous and complex factors. Some factors are in our control, but many are not. Decisions made by governments, health care institutions, pharmaceuticals, insurance companies, and other entities have a profound effect on our daily well-being and ability to access help when needed. These decisions must be made with an eye on the greater good for our people. Sadly, financial gain for some is often placed ahead of the needs of the many. ([What health care disparities exist in the United States](#))

Quiz



Does it feel like our lives are moving at a faster pace than ever before and the news of the day is complicated and challenging. Stress!

Take our [quiz](#) and find out how much you know about stress and mental health.

Local Activities



“One Thing I Wish I Knew” Community Mental Health Event
November 23, 2025, 3:00 pm-4:45 pm, at the Italian Community Center.
Free, but registration is needed.

National Alliance on Mental Health – [NAMI Local chapter](#)

[Catholic Charities Community Counseling](#)

[Comprehensive Listing of Milwaukee Resources](#)

Read All About It



[The Trevor Project](#)

The Trump administration will officially close the national suicide lifeline for LGBTQ+ youth on July 17, 2025. Despite LGBTQ+ people are 2.5% more likely to experience anxiety and depression than the general population. The Trevor Project's crisis services

remain available 24/7/365. You can help ensure that LGBTQ+ young people have resources to turn to.



[Bebe Moore Campbell](#) was an author, journalist, teacher, and mental health advocate who dedicated her life to addressing the mental health needs of minority communities. She co-founded the National Alliance on Mental Illness (NAMI) Urban Los Angeles and worked tirelessly to break down barriers and challenge the stigma surrounding mental health in African American communities.

“While everyone – all colors – everyone is affected by stigma – no one wants to say ‘I’m not in control of my mind.’ No one wants to say, ‘The person I love is not in control of [their] mind.’ But people of color really don’t want to say it because we already feel stigmatized by virtue of skin color or eye shape or accent and we don’t want any more reasons for anyone to say, ‘You’re not good enough’.” Bebe Moore Campbell

Jesus’ Call to Nonviolence Conversation Starters

Breaking the stigma regarding mental health starts with breaking the silence. Mental health isn’t a privilege—it’s a right that belongs to all of us, and everyone deserves to have their story told and heard!

A conversation starter can be as simple as “How’s your heart today?” Can you have the courage to ask that question when you feel someone needs a listener?

Is our church a safe space where people feel comfortable discussing mental health challenges?

Are our words and actions creating a supportive environment?

Prayer

(the image of the people gathered at sunset would go underneath the word prayer)

Dear Abba,

We lift up all those struggling with mental health challenges and emotional pain. May your light shine in their darkest days, may your love bring peace to restless hearts and hope to weary spirits.

Help us all to build neighborhoods and communities of compassion. May we listen with love to the stories that need to be told and walk beside our brothers and sisters as they bravely journey toward healing and wholeness.

May the healing in your wings rest upon each person in need, and may we always recognize the dignity and worth of every person. May we raise our voices to demand compassion and dignity for all who do not have the ability or energy to make their voice heard.

Through the intercession of St. Dymphna, we ask our brother, Jesus, please grant hope and healing for all weary and wounded souls. Amen

St. Dymphna is the patron saint of those suffering from mental illness, nervous disorders, and emotional distress.