



### Scripture

“As one whom his mother comforts, so I will comfort you.” Isaiah 66: 13 from the Breviary

“Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! He helps us in all our troubles, so that we are able to help those who have all kinds of troubles, using the same help that we ourselves have received from God. Just as we have a share in Christ’s many sufferings, so also through Christ we share in his great help.” 2 Corinthians 1:3-5, from the Breviary.

### Catechism

“We should not despair of the eternal salvation of persons who have taken their own lives. By ways known to him alone, God can provide the opportunity for salutary repentance. The Church prays for persons who have taken their own lives.” Catechism of the Catholic Church #2283

### Comment

At long last, mental health is beginning to have parity with physical health. Mental health and wellbeing is an important part of who we all are. As the saying goes, “a problem shared is a problem halved”. Let us continue to support all those who are struggling with mental health issues and who need support.

### Organisation of the month

The Samaritans is a well-known organisation that offers a listening service to those who are in a state of crisis as well as those who are experiencing suicidal thoughts and feelings. The service allows people to express themselves fully and clearly without judgement regarding their worries, concerns, fears, loneliness and feelings of despair.

### Action

Pray: that God the Father, through his Son Jesus Christ, may empower you by the Holy Spirit to practise active listening with others. You could be the first person today to listen with care to another!

Think: about your usual support network; to whom would you turn if this support network were no longer there for you?

Act: Visit [www.samaritans.org](http://www.samaritans.org) for ways in which you can support their work, either by volunteering or donating.

*“Do as much as you can. God will do what we ourselves cannot do.” St. John Bosco, Letter to Cagliero, November 13<sup>th</sup> 1875*