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PATHWAYS to Promise
Connecting Communities of Care

Mental Health Ministries
To erase the stigma of mental illness
A Program of Pathways To Promise

SPOTLIGHT

May 2025

NEW Monthly Spotlight!

Spotlight will now be delivered to your inbox on a monthly basis rather than quarterly. While each issue will continue to feature the same valuable resources, it will now be tailored to highlight content relevant to the current month.

Pathways to Promise & Mental Health Ministries

Mental Health Ministries, a program of Pathways to Promise, provides resources to erase the stigma of mental illness in our faith communities and create caring congregations for persons living with mental health challenges and their families.

Mental Health Multifaith Resource Center (MHMRC)

Our Mental Health Multifatih Resource Library is your comprehensive destination for mental health and wellness information. We have meticulously curated this resource center to ensure ease of use and to provide you with the most relevant materials. This library builds upon the outstanding work initiated by Rev. Susan Gregg-Schroeder, who founded Mental Health Ministries in 2001.

Visit the MHMRC

"More Good Days Together"

By Bishop Bonnie Radden

What does a "good day" really look like?

For some, it's a day without anxiety pressing in.
For others, it's getting out of bed when yesterday felt impossible.
For many, it's simply knowing they are not alone.

As we recognize Mental Health Awareness Month, this year's theme, *"More Good Days, Together,"* invites us to pause and reflect—not just on our own well-being, but on the well-being of those around us. It challenges us to move beyond awareness into action. Because the truth is, good days don't just happen…they are cultivated, supported, and often shared.

In my years of ministry and mental health work, I have learned something powerful:
A good day is often rooted in connection.

Not perfection.
Not the absence of struggle.
But connection.

Connection to someone who listens without judgment.
Connection to a community that sees you and values you.
Connection to a sense of purpose that reminds you your life matters.

This is why the work of mental health cannot be done in isolation. It must be done in community.

At Pathways to Promise, we believe that mental health support should be accessible,
compassionate, and rooted in human dignity. Through our Companionship model, we are not simply offering a program—we are nurturing a movement. A movement that says: **you don't have to do life alone.**

Because when someone has even one person walking alongside them, their "good days" begin to increase.

But let's be honest—creating more good days requires intentionality.

It requires us to:

- Pay attention to our own emotional and spiritual needs
- Check in on others, even when it's inconvenient
- Break the silence around mental health struggles
- Offer presence, not just solutions

Sometimes the most powerful thing we can give someone is not advice—but our presence.

A listening ear.
A compassionate heart.
A willingness to sit in the hard moments without trying to fix them.

That is where healing begins.

And for our communities, this theme calls us even higher.

What would it look like if our churches, our neighborhoods, and our organizations became places where people could show up as they are—without fear, without shame?

What if we created "front doors" in our communities where anyone could come and be met with kindness, care, and connection?

What if we truly believed that mental health is not just an individual issue—but a community responsibility?

Because it is.

More good days don't come from one person doing everything right.
They come from all of us doing something intentional.

So, this month, I invite you to reflect:

What does a good day look like for you?
And who in your life might need help finding theirs?

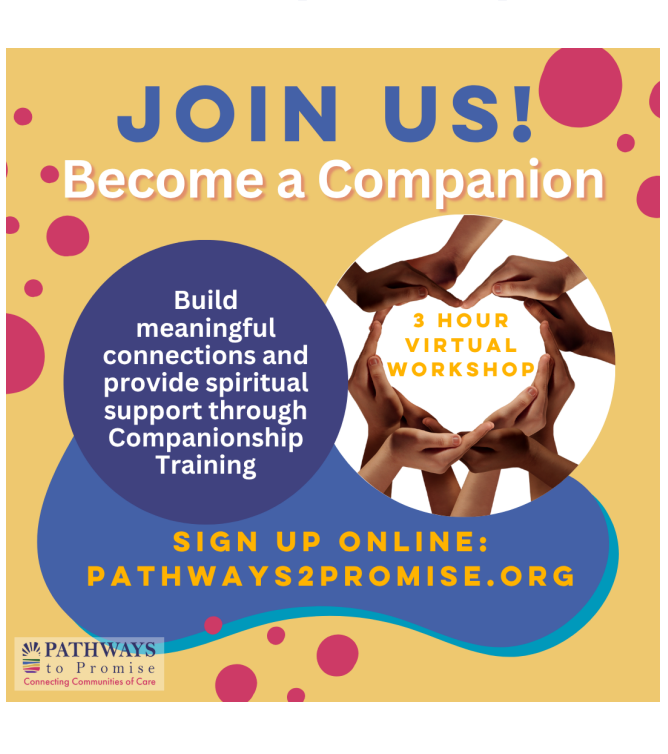
Let's be the kind of people—and build the kind of communities—where good days are not rare, but possible.

Together.

Because at the end of the day, this is what we know to be true:

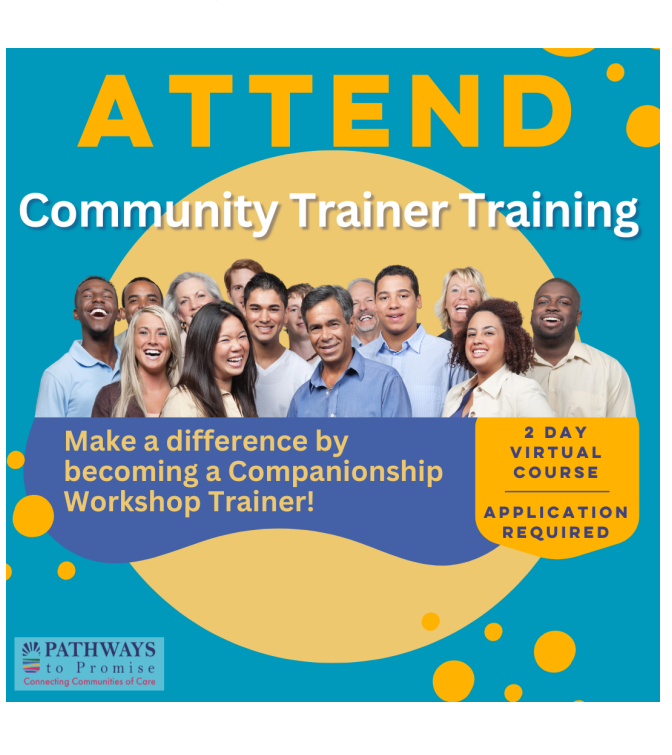
Companionship…Because No One Should Walk Alone.

Explore Upcoming Training Events


JOIN US!
Become a Companion
Build meaningful connections and provide spiritual support through Companionship Training
3 HOUR VIRTUAL WORKSHOP
SIGN UP ONLINE: PATHWAYS2PROMISE.ORG
PATHWAYS to Promise

***Become a Companion* Workshop**

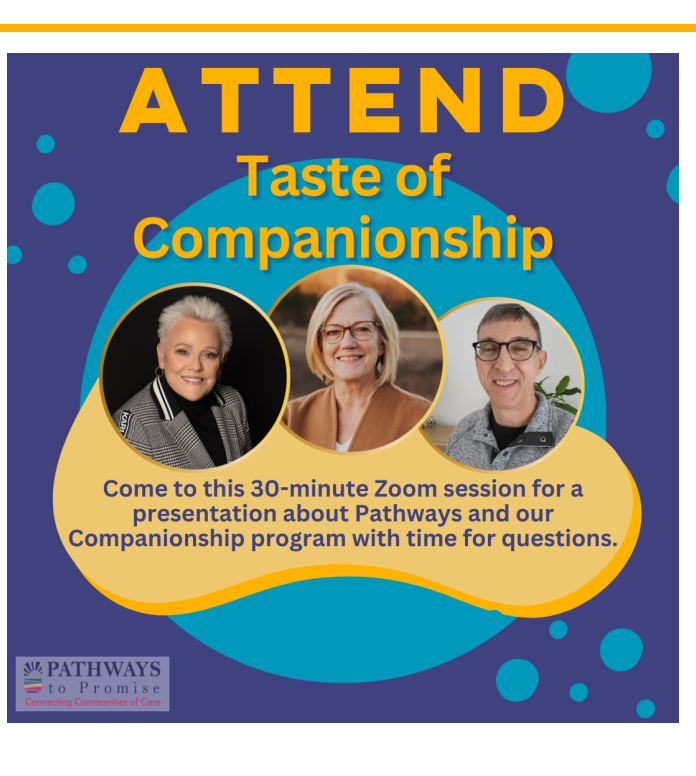
Thursday, May 14, 2026, 5-8:30 pm CT
Register for Become a Companion Here


ATTEND
Community Trainer Training
Make a difference by becoming a Companionship Workshop Trainer!
2 DAY VIRTUAL COURSE
APPLICATION REQUIRED
PATHWAYS to Promise

Community Trainer Training

Thursday, May 14, 2026, 5-8:30 pm CT
PLUS Saturday, May 16, 2025,
9am-5pm CT
For more information and to register/apply, click here

Learn More About Training Opportunities Here


ATTEND
Taste of Companionship
Come to this 30-minute Zoom session for a presentation about Pathways and our Companionship program with time for questions.
PATHWAYS to Promise

Attend *Taste of Companionship*

Taste of Companionship introduces Companionship and provides time for questions and answers, all in about half an hour.

- **Wednesday, May 6, 12 PM CT**

(Contact admin@pathways2promise.org for Zoom support.)

Register Here on the Pathways to Promise Homepage

The following articles from websites other than pathways2promise.org are intended as a library of resources only. Pathways to Promise receives no financial benefit from these organizations.

May

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for May.

National Mental Health Awareness Month

"Mental Health Awareness Month provides a chance to stand with your community and show that no one struggles alone. NAMI's 2026 Mental Health Awareness Month theme invites everyone to join NAMI in speaking up against mental health stigma"

Read More Here

MORE
GOOD
DAYS
together
MHA
Mental Health America

More Good Days

"This year's theme — *More Good Days, Together* — encourages us all to reflect on what a "good" day looks like, both for ourselves, and for our communities. Together, we can use that insight to connect people to the right support at the right time, and shape advocacy, education, and community engagement to make more good days possible for all."

Click here to learn more

Women's Health Month

"Women's Health Month is observed annually in May. It was the National Cervical Cancer Coalition (N.C.C.C.) that recognized each May as Women's Health Month. The observation officially kicks off every year with National Women's Health Week. This is also an annual observance pioneered by the U.S. Department of Health and Human Services Office on Women's Health. The goal of the holiday is to empower women in such a way that they can make health a priority. It also equips women with the knowledge to help other women on their journeys to improve their health. With the efforts of individuals and healthcare workers, every woman can live a healthy and happy life."

Read More Here

Women's Mental Health: The Gaps, the Truth, and the Way Forward

"When it comes to the importance of mental health care for women, it is important to take a look at how their mental health issues differ from those of men. Newer research suggests women are more prone to psychological problems, such as depression, largely due in part to differences in the brains of men and women."

Read More Here

Maternal Mental Health Awareness Month

Perinatal Mental Health Resources for ALL Families

"Maternal mental health (MMH) conditions impact individuals during pregnancy or the year following pregnancy; they include anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar illness, psychosis, and substance use disorder. Combined, MMH conditions impact one in five pregnant or postpartum people, or an estimated 800,000 families each year in the United States."

Read More Here

Military Spouse Appreciation Day - May 8

"You don't need a specific Military Spouse Appreciation Day to make sure you acknowledge the military spouse in your life. Service members know that their spouses are the ones who keep the home fires burning. And military spouses know that those around them also walking through military life are more than just friends and neighbors: They are family."

Read More Here

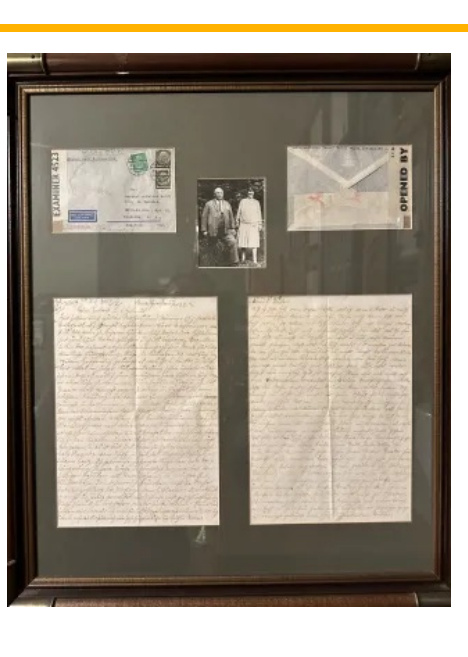
The Mental Load of Being a Military Spouse

"In the military world, it's an up-and-down, throw-you-around, rollercoaster ride — and not just for the service member. Each family pays the price. So let's talk about that.

It's so often said that we know what we signed up for, and I believe that's true to an extent. I believe we know what we don't know. I will admit when I married into the military, I had no idea what my future was going to consist of. All I knew was my husband was a loadmaster and we were moving across the world. I had no idea how that was going to affect our lives. Ten years later, I can give you a better picture. Our lives are woven together by long-distance phone calls, weeks and sometimes months spent apart, missed holidays, birthdays, and vacations, tears, and a lot of unexpected "stuff" that just has to be accepted (and love, obviously a whole lot of love or else I would have called it quits years ago!)"

Read More Here

Yom HaShoah (Holocaust Remembrance Day) - May 14

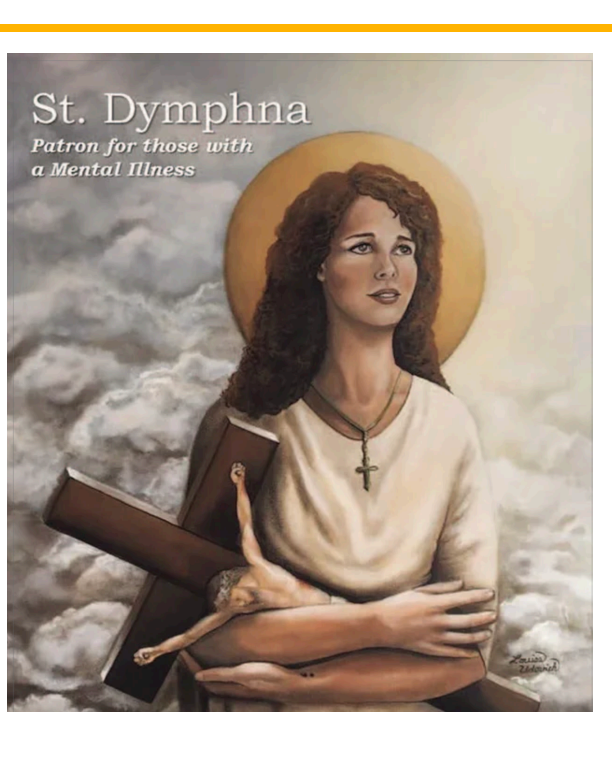


Holocaust Remembrance Day and Transgenerational Trauma: The weight we carry is not ours, but we are stewards of it as it gets passed down.

"Tonight, at sundown, Israel and Jewish communities worldwide observe Yom HaShoah—Holocaust Remembrance Day—marking the memory of six million Jewish men, women, and children murdered by the Nazis. The date was selected by the Knesset in 1951, placed deliberately on the 27th of Nisan—a week after Passover, invoking the proximity of liberation and catastrophe in the same breath."

Read More Here

Saint Dymphna - May 15


St. Dymphna
Patron for those with a Mental Illness

"The pain is real -- but so is HOPE." St. Dymphna is the patron of people living with mental illnesses. Order 10 St. Dymphna prayer cards for free from the Association of Catholic Mental Health Ministers."

Read More Here

THE
OUR
CATHOLIC
PRAYERS
PODCAST

Our Catholic Prayers Podcast

Are anxieties overwhelming you? This prayer to St. Dymphna, the great patron saint of mental illness and epilepsy, can help calm your nerves. The transcription for this Podcast can be found here.

Read More Here

MARK YOUR CALENDARS

May

Month long themes
National Mental Health Awareness Month
Women's Health Month
Asian American and Pacific Islander Heritage Month
Maternal Mental Health Awareness Month

Week long themes
10-16 - National Women's Health Week

1 - Beltane *b- Wicca/Neo Pagai
1 - Twelfth Day of Ridvan * - Baha'i
3 - Saints Philip & James - Christian
5 - Cinco De Mayo
5 - National Day for Awareness of Missing and Murdered Indigenous Women and Girls
*5 - Lag BaOmer - Jewish
7 - National Day of Prayer - USA - Interfaith
8 - Military Spouse Appreciation Day
*14 - Yom HaShoah (Holocaust Remembrance Day) - Jewish
14 - Ascension Day - Eastern Orthodox, Roman Catholic, and Protestant Christianity
15 - Saint Dymphna - Christian
16 - Armed Forces Day
17 - International Day Against Homophobia, Transphobia and Biphobia
*24 - Declaration of the Bab - Baha'i
*29 - Ascension of Baha'u'llah - Baha'i
31 - Visakha Puja - Buddha Day - Buddhism

Reminder: All holidays marked with * begin the prior evening.

Also consider the following calendars for other important dates:

2026 Interfaith Calendar
2026 Diversity Calendar

Mental Health Ministries, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental health challenges in our faith communities. Join us in making a difference for those with mental health challenges and those who love and support them.

Click the button below to give a monthly gift of $30 (just $1 a day) or a one-time amount of $120 (which equals just $10 a month) or any amount you choose. You may also send a check to Pathways to Promise at the address below.

Thank you for joining us in supporting mental health needs!

Click here to give now

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www.pathways2promise.org

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