

THE ROMAN CATHOLIC

ARCHDIOCESE OF ATLANTA



Memo

Date: October 6, 2025

To: Clergy, religious brothers and sisters and parish catechetical leaders

From: Maggie Rousseau, director of Disabilities Ministry; Office of Life Dignity and Justice

Re: World Mental Health Day is October 10

World Mental Health Day is October 10. The USCCB requests that all parishes pause and reflect on healing and hope around mental health in their local community on Mental Health Sunday October 12. Resources can be found at: [Mental Health Sunday | USCCB](#).

Additionally, a national Novena is planned from October 10 through October 18. For more information, please visit: [Mental Health Novena | USCCB](#).

For help in starting a parish Mental Health Ministry, please contact me at mrousseau@archatl.com.