

Mental Health Ministry for October 2025!

Dedication for the Month

October is dedicated to the **Holy Rosary**. As you pray through the mysteries of the rosary, reflect on what Mary and Jesus may have been feeling. Do you believe that they can relate to what you are feeling now?

Catholic Mental Health Campaign

This October, the USCCB is renewing its National Catholic Mental Health Campaign. Visit www.usccb.org/mental-health to learn more!

Tues. Oct. 7th What Everyone Should Know About Mental Illness

Event from 6:30pm to 8pm at Our Lady Queen of Peace in Madison.

Free event, no registration required. All are welcome!

Fri. Oct. 10th World Mental Health Day

Join other Catholics in starting the Mental Health Novena on this day.

Sun. Oct. 12th Mental Health Sunday

The USCCB invites Catholics around the world to pause and reflect on healing and hope around mental health in their local parish community.

Sun. Oct 19th St. Dymphna Healing Mass

Adoration at 9am, Mass at 10am, Reception to follow. Holy Name Heights in Madison.

Register for free at madisondiocese.org/mhmevents

Mon. Oct. 20th Start of Suicide Loss Grief Group

Optional dinner from 5 to 6pm and group from 6 to 8pm at St. Patrick's in Cottage Grove. Following dates include Mondays, Oct. 20, Oct. 27, Nov. 3, and Nov. 10.

Register for free at madisondiocese.org/supportgroups

For more ministry opportunities, please go to madisondiocese.org/mentalhealth



Saint Feast Days in October

Oct. 1st	St. Therese of Lisieux	Trust in God
Oct 2nd	Guardian Angels	Divine Protection
Oct 4th	St. Francis of Assisi	Peace and Healing
Oct 12th	St. Carlo Acutis	Healthy Technology
Oct 15th	St. Teresa of Avila	Mental Prayer
Oct 18th	St. Luke the Evangelist	Patron of Healthcare
Oct 22nd	St. John Paul II	Dignity of the Person

Mental Health Novena!

Scan the QR code below for the Mental Health Novena! The novena starts on **October 10th, World Mental Health Day.**



A ministry of the Apostolate for Persons with Disabilities- Diocese of Madison

Follow us on social media @apdmadisondiocese.mhm Questions? Call Laura at 608-821-3053.