



Resources for Faith Communities

Mental Health Awareness Month 2026

Every May, something powerful happens across this country. In communities of faith, houses of worship and faith-based entities of every tradition and size, leaders have the opportunity to remind the people in their communities that mental health challenges are a part of life and that help is available. Mental Health Awareness Month is our moment to do that together.

This year's theme, *See the Person. Support the Journey.*, is a call to do what faith communities do best: show up, stay present, and walk alongside people in difficult moments.

MATERIALS AND RESOURCES

Use the materials below throughout the month, or any time someone in your community needs them. Wherever and whenever you share, use #MHAM2026 and #FaithAndMentalHealth to connect with faith communities doing the same work across the country.

Below you will find:

- Mental Health Awareness Month Announcement
- Talking Points
- A Quick Guide on How to Start a Mental Health Conversation
- Social Media Posts
- Hashtags: #MHAM2026 #FaithAndMentalHealth

Scan for Resources



Mental Health & Substance Use Helplines



FindSupport.gov



MENTAL HEALTH AWARENESS MONTH ANNOUNCEMENT

Read aloud during a service, meeting, or community gathering, or adapt for your website or email blasts to members and partners.

May is Mental Health Awareness Month

May is Mental Health Awareness Month. This year's theme, *See the Person. Support the Journey.*, reminds us that mental health is part of every person's story — and that how we respond matters.

If you or someone you know needs support:

[988 Suicide and Crisis Lifeline](#)

If you or someone you know is experiencing a mental health or substance use crisis, or having thoughts of suicide, call, text, or chat: 988.

[FindSupport.gov](#)

Find health care, support, and resources for issues with mental health, drugs, or alcohol. Explore information about how to ask for help, different types of treatment, how to make an appointment, and more.

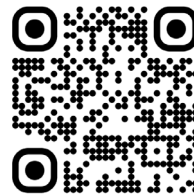
[FindTreatment.gov](#)

Access a comprehensive list of certified substance use and mental health treatment facilities across the United States and U.S. Territories. This is a confidential and anonymous resource.

Whether we share resources, encourage others to seek help, or simply show up for someone in a difficult time, we help instill hope. Talking about mental health promotes acceptance and encourages people to seek help.



988 Suicide & Crisis Lifeline



FindTreatment.gov



TALKING POINTS

Three focused sets of talking points aligned with MHAM 2026 weekly themes. Use them in sermons, small groups, community conversations, or one-on-one.

1. SEE THE PERSON: AWARENESS LEADS TO COMPASSION

- Mental illnesses are medical conditions involving changes in emotion, thinking, or behavior. They are not a sign of weakness or a personal failure. Caring for the whole person — mind, body, and spirit — has always been central to what faith communities do best.
- Serious mental illness can affect anyone at any point in life. Faith communities teach that there is always hope and that no one should face hardship alone. Treatment and help are available.
- The way we talk about mental health in our faith communities shapes whether people feel safe enough to ask for help. Words of compassion, grace, and acceptance can be the difference between someone reaching out and someone suffering in silence.
- No matter where you are or what you're going through, [call, text, or chat 988](#). Skilled, caring counselors are available any time.

2. SUPPORT THE JOURNEY: EARLY SUPPORT MATTERS

- Parents, caregivers, faith community leaders, and trusted elders are often the first to notice when something is wrong. Paying attention and having open conversations can make a meaningful difference.
- Changes in mood, sleep, thinking, or behavior in a young person may signal the need for support. Trust your instincts and ask the question.
- Asking for help on behalf of a child, teen, or young adult is an act of protection and advocacy. Faith has always taught that it takes a village to raise a child.
- Find health care, support, and resources for issues with mental health, drugs, or alcohol at [FindSupport.gov](#).

3. CONNECTION IS A POWERFUL FORM OF CARE

- Walking alongside someone through a difficult season — without trying to fix it — is one of the most powerful things a faith community can offer.
- Feeling heard and respected can be deeply supportive. You do not need to have all the answers. Showing up is enough.
- When someone you love is living with a serious mental illness, steady presence and compassion matter most. Maintaining healthy boundaries protects both you and your loved one.
- Taking care of yourself is not selfish — it is necessary. Seeking support when you need it helps you show up for others.
- There is always help and there is always hope. Find certified treatment facilities at [FindTreatment.gov](#).



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FindTreatment.gov



HOW TO START A CONVERSATION ABOUT MENTAL HEALTH

Sometimes the hardest part is knowing how to begin. These five questions are simple, gentle, and open-ended. You do not need to be a counselor to use them. You just need to care.

<p>"How are you really doing?"</p>	<p>Give them space to answer honestly. Sometimes people are waiting for someone to ask.</p>
<p>"I noticed you seem like you have had a lot on your mind. Do you want to talk?"</p>	<p>Naming what you have observed shows you are paying attention. That alone can mean everything.</p>
<p>"Is there anything I can do to support you right now?"</p>	<p>Offering something specific is more powerful than a general "Let me know if you need anything."</p>
<p>"Have you been able to talk to anyone about what you are going through?"</p>	<p>This opens the door to professional support without pressure or judgment.</p>
<p>"Would it be okay if I shared some resources that might help?"</p>	<p>Always ask before offering. Asking shows respect for where they are.</p>

A FEW THINGS TO REMEMBER

- Listen calmly and thank the person for sharing. You do not need to have answers.
- Do not try to fix or minimize what they are feeling. Encourage help-seeking without judgment.
- Follow up after the conversation. Checking in again shows you meant it.
- If you are worried about someone's safety, do not wait. **Call, text, or chat: 988.**

HELP IS HERE

<p><u>988</u></p>	<p>In crisis? Call, text, or chat 988. Free, confidential, available 24/7.</p>
<p><u>FindSupport.gov</u></p>	<p>Find care and support for mental health, drugs, or alcohol.</p>
<p><u>FindTreatment.gov</u></p>	<p>Locate certified treatment facilities. Confidential and anonymous.</p>

Mental health is part of every person's story. When someone is struggling, reaching out is one of the most powerful things you can do.



SOCIAL MEDIA POSTS

SAMHSA has social media posts ready to use for Mental Health Awareness Month. View the full [MHAM Faith Toolkit](#) for all posts and graphics.

HASHTAGS

Join faith-based entities, community organizations, and houses of worship across the country during Mental Health Awareness Month by using these hashtags in your social media posts:

#MHAM2026
#FaithAndMentalHealth

Scan to access resources:



Mental Health & Substance Use Helplines



FindSupport.gov

For more information about SAMHSA's faith engagement work, email: engagement@samhsa.hhs.gov