



WHAT WOULD I DO?

Take this self-test to see how you might respond to the needs of persons with mental illness. Mark what you *think* you would do with an **X** and what you *hope* you would do with a **Y**. You may have both an **X** and **Y** for the same answer.

1. ***If a man dressed as Jesus came and sat by me in church, I would:***
 - A. Stay there, but feel very uncomfortable.
 - B. Look around me for help and then slowly inch away.
 - C. Move immediately.
 - D. Not care so long as he was quiet and didn't talk to me or disrupt church.
 - E. Talk to him a little.

2. ***A young woman at my parish was just released from the hospital following her fifth suicide attempt. She approaches me after Mass and wants to talk about it. I would:***
 - A. Stay there and listen, but feel very uncomfortable.
 - B. Politely change the subject and then excuse myself.
 - C. Leave immediately.
 - D. Listen and be concerned, but worry that she may want me to become her friend.
 - E. Talk to her and plan to call her during the week to see if she's okay.

3. ***A couple in my parish asks me to pray for their son who was just released from a mental hospital and then invite me over for coffee. I know he was hospitalized as a result of violent behavior. I would:***
 - A. Decline and hope that we could see each other without the son around.
 - B. Ask them to come to my house instead.
 - C. Explain my fears and ask them how they are coping.
 - D. Not care so long as his parent's didn't seem worried.
 - E. Ask if I can help the family in some way.

4. ***A halfway house for young men recently discharged from a psychiatric hospital wants to open in my neighborhood. I would:***
 - A. Say nothing, but be very uncomfortable.
 - B. Do all I could to stop it from happening.
 - C. Ask if the residents could come to church with me.
 - D. Not care so long as we had some guarantee for safety.
 - E. Do nothing, but treat the residents with coolness.

5. ***A homeless woman is sitting on the edge of the curb, talking to herself about a cat she once had. She is in front of the grocery store and she obviously needs food. I would:***
 - A. Carefully walk around her.
 - B. Look around me for help and try to get someone to approach her with me.
 - C. Call the police and have her taken to a shelter.
 - D. Not care as long as she didn't talk to me.
 - E. Offer to bring her some food.

Adapted from *Mental Illness and our Church*, Mennonite Mutual Aid.

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