



Association of
Catholic Mental
Health Ministers

Ministry Assessment

As you build your mental health ministry, it is important that you take time to assess the needs of your parish. Below are some basic questions that you should run through to determine what you will need, where you should focus your time, as well as what your gifts to this ministry will be. Your answers to these questions can be used to guide your ministry planning and help you determine what activities and programs you should offer in your parish. You should review these questions with your team both before starting a ministry and periodically to evaluate your ministry.

PARISH NEEDS

1. Are there common themes of mental health challenges our parishioners face?
2. What cultural and/or age-relevant considerations are the most sensitive and pertinent in our parish?
3. What is my parish's general level of awareness of mental health issues and knowledge of community resources?
4. What is my parish currently doing to minister to the mental health needs of our community?
5. How are mental health issues integrated into the worship and liturgical life of our parish (i.e., intercessory prayers, prayer services, etc.)?
6. How could existing ministries at our parish integrate mental health ministry into their activities?

PERSONAL SKILLS & TALENTS

1. What strengths, knowledge, and personal experience do I bring to the Ministry Team?
2. What is my level of awareness of mental health issues and knowledge of community resources?
3. What disorders or conditions will be most challenging for me to witness or embrace?
4. Do I have a clear understanding of the difference between mental health ministry and mental health care?
5. How much time can I devote to this ministry?
6. Who in my parish will help me with this ministry as a member of a parish mental health ministry team?