



Association of
Catholic Mental
Health Ministers

Sample High Level Plan How to Start a Parish Mental Health Ministry

- Develop Mission Statement
 - Collaborate with Pastor and develop:
 - MHM Pastor Role and Responsibilities Document
 - Work with Pastor and Parish Team:
 - Parish Implementation and Team Training Timelines Document
- Develop and Train MHM Teams - Actions and Activities
 - Read, review and discuss:
 - MHM Team Leader Qualifications and Skills Document
 - MHM Team Leader Role and Responsibilities Document
 - MHM Team Member Role and Responsibilities Document
 - Develop the MHM Team
 - Conduct Team Training
 - Mental Health Literacy and Mental Health First Aid
 - MHM Team Training Document
- Plan for Meetings using Meeting Aids and Membership Process
 - Plan for Parish Communications for Meetings Document
 - Read, review and discuss:
 - MHM Meetings - General Guidelines Document
 - MHM Membership Admittance Process Document
 - MHM Member Intake and Acknowledgement Form
 - MHM Opening Statement for Meeting Document
 - Other Support Documents:
 - Meeting Aids
 - Brochures, Flyers, and Agendas
 - Prayer Intentions
 - Prayer Requests
 - Ritual to Burn
 - MHM Advisory Group Roles and Responsibilities Document
 - MHM Coordinator Job Description Document
 - MHM Templates
 - MHM Prayers – Psalms
 - Other MHM Document