



Our Lady of Guadalupe Mental Health Survey Results

The members of the Life, Justice and Peace Commission would like to thank everyone who contributed to the Mental Health Survey, the collated results of which are given below. In addition to the statistical information provided, we greatly appreciated the further written comments provided by many. We hope that this collation of each of our individual responses will help us to better see and understand ourselves as a Christian community

The Apostle Paul reminds us through his letter to the Corinthians that as members of the body of Christ, we “. . . have the same care for one another. If one member suffers, all suffer together” (1Cor. 12:26). From the results of this limited survey we see that just as there are many members of our community who are suffering from various mental afflictions, so are there many of us who are eager to respond with the compassion of Christ.

During this Year of Mercy we hope to use the results of this survey to explore together the role our faith community can play in overcoming the stigma too often attached to mental illness in today’s society. Through educational events, provision of resource materials, and prayer and worship opportunities we would like to work and grow together as a Christian community both promoting mental wellness, as well as welcoming, including and supporting those struggling with mental illness, their families and friends.

The survey read, “Mental health concerns of you or your family (check all that apply).” We collected 410 surveys.

Mental Health Concern	Number Checked	Percentage of Respondents
Stress	302	73.7%
Anxiety	263	65%
Depression	235	57.3%
Alcohol/Drug Abuse	111	27%
Anger Management	99	24.2%
Bipolar/Mood Disorder	99	24.2%
Eating Disorders	71	17.3%
Suicide	45	10.98%

If you’d like to join the Life, Justice and Peace Commission efforts, please contact us at OLG.LJP.group@gmail.com. If you are in immediate need of help, contact the 24-Hour Crisis Line at 866-4CRISIS (427-4747). In addition, teens can also call Teen Link from 6-10pm at 1-866-TEENLINK (833-6546).