



# SAINT LUKE INSTITUTE

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## **Mental Health Needs Rise during Covid-19 Pandemic**

*Helpline for Clergy and Consecrated Religious and Online Videos Support Church Leadership*

Washington, DC - Saint Luke Institute, the nation's largest mental health treatment and education center for Catholic clergy and religious, is seeing an uptick in stress among those ministering in the Church, based on consultation and client input.

In response, Saint Luke Institute has launched new, free resources to help ministers manage stress and anxiety. These include a confidential National Helpline for all Catholic clergy and religious (888-526-9357), that was launched this week, and free online educational resources, with more being added regularly.

"Our entire mission is focused on healthy ministry. This pandemic is unprecedented, and the stress and anxiety are deep. Our clergy and religious are trying to learn to become virtual ministers, provide pastoral care for the sick, and celebrate the sacraments while keeping employees on the payroll. Our focus is helping them and by doing that, helping parishioners," said Saint Luke Institute president, Reverend David Songy, O.F.M.Cap., Psy.D.

Contact Kathy Carver at 301-651-7020 or [kathyc@sli.org](mailto:kathyc@sli.org) for additional information.

*Saint Luke Institute, [www.sli.org](http://www.sli.org), is an independent Catholic treatment center that provides psychological screening for candidates to the priesthood and religious life, as well as outpatient, residential and continuing care programs for Catholic clergy and religious. In-person and online education is provided through the education ministry, [SLIconnect.org](http://SLIconnect.org). Saint Luke has centers in Maryland, Kentucky, Missouri, and the United Kingdom.*