

Faith, Hope and Mental Health

From Knightline <knightline@kofc.org>

Date Wednesday, April 15th, 2026 at 5:19 PM

News for Knights of Columbus



VOLUME 44 | NUMBER 15 | APRIL 15, 2026

Recent data shows that more than 1 billion people worldwide live with mental health disorders. As stigma continues to surround mental illness, the Catholic Church is increasing its efforts to promote mental health awareness and care through prayer and education. In 2023, the U.S. Conference of Catholic Bishops launched its National Catholic Mental Health Campaign to foster greater understanding of mental health and to advocate for and accompany those who struggle. Learn more below about how Catholics — including Knights — are advancing mental health care.



Faith, Hope and Mental Health

For more than a decade, integrating Catholic anthropology into psychology has been the driving force behind the work of Dr. Greg Bottaro, founder of the CatholicPsych Institute and a Knight, who spoke with *Columbia* about his clinical approach and how to address the root causes of anxiety and depression. “On the one hand, there’s understandable hesitation about trusting the mental health field,” Bottaro said. “At the same time, we all need help. There’s no ‘if.’ It becomes a question of what kind of help we need. ... God designed us to need each other.”

[READ MORE](#)



Timothy McCarthy is pictured outside Beaumont Hall, home of Patapsco Council 1960, where he has been an active member for nearly four decades. (Photo by Matthew Barrick)

The Gift of Second Chances

As a young man, Timothy McCarthy experienced recurring psychosis that led to multiple breakdowns and institutionalizations. His yearslong struggle with mental

health challenges ultimately prepared him to devote his life to assisting people struggling with addiction. “Without my faith, I would certainly be dead; of that there can be no doubt,” said McCarthy, a longtime member of Patapsco Council 1960 in Catonsville, Maryland. “With the help of my counselors, I learned that I could forgive God and forgive myself and that, ultimately, God could use what I’d been through for the good.”

[READ MORE](#) | [WATCH HERE](#)



Participants line up at the start of a 3K charity run hosted by the Luzon South State Council in Pasay City on Feb. 14.

Running With Purpose

In Pasay City, the Luzon South State Council brought together more than 2,000 runners — including Knights and their families — for a 3K charity fun run supporting local charitable works. Held on Valentine’s Day, the event welcomed couples, children and even pets to run for a common purpose and share in joyful camaraderie.

[WATCH HERE](#)



Statement From Supreme Knight Patrick Kelly

Supreme Knight Patrick Kelly issued a statement in response to President Donald Trump’s recent social media post about Pope Leo XIV. “In recent days, many Catholics and other people of goodwill have been deeply disappointed by the disparaging comments directed at Pope Leo XIV by the president of the United States,” said the supreme knight. “The Knights of Columbus has always stood in solidarity with the Holy Father, recognizing in him a spiritual father who calls the world not to division, but to unity; not to conflict, but to peace. In this moment, we reaffirm that commitment with clarity and conviction.”

[READ THE FULL STATEMENT](#)

Tell others about *Knightline*

Forward this newsletter to Catholic men interested in the Knights, and let them know that they can become a member at kofc.org/join. You can also share your questions, feedback and story by emailing knightline@kofc.org.

Any links to third-party sites outside of the Knights of Columbus are provided for information purposes only. This is not an endorsement of the service providers. Share questions and feedback by emailing knightline@kofc.org.

**Follow us on Facebook,
Twitter, Instagram, and more**



This email was sent by: **Knightline**.
