Christian Conference of Asia
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CCA Statement on World Mental Health Day 2026

On World Mental Health Day 2026, the Christian Conference of Asia (CCA) joins churches and communities across Asia and beyond in affirming a simple truth: every person's story matters, and every voice deserves to be heard. This year's theme, "Lived Experiences Heard: Real Voices, Real Change," calls us to move beyond speaking about mental health to listening to those who live with its realities.

Across Asia, many people carry burdens that often remain unseen—loneliness, anxiety, isolation, displacement, violence, poverty, conflict, discrimination and uncertainty. These realities can deeply affect individuals, families, and communities. Mental health is also shaped by the rapidly changing digital world in which we live. While digital technology brings new possibilities for connection and access to information, constant connectivity, comparison, misinformation and digital isolation can also contribute to distress. Mental health, therefore, cannot be separated from the circumstances in which people live.

Too often, stigma and fear of judgement keep people silent and prevent them from seeking support. Our churches and communities must become places where people can speak honestly about their pain without shame, exclusion or fear. Listening is more than an expression of compassion; it is an act of justice. To listen is to recognise another person's dignity and to say: you are not alone, and your story matters.

The Christian faith calls us to a ministry of accompaniment: to walk with those who suffer, to strengthen those who feel weary, and to create communities where healing and hope can take root. Mental health must therefore be an integral part of our pastoral care, community engagement and witness. People with lived experience must not simply be recipients of care; their voices should help shape the ministries, programmes and responses intended to support them.

The Christian Conference of Asia remains committed to raising awareness of mental health, strengthening practices of listening and accompaniment, and encouraging churches and ecumenical partners to respond with sensitivity, dignity and hope. We recognise that meaningful change begins when those whose voices have too often been unheard are given space to speak and, importantly, are listened to and taken seriously.

On this World Mental Health Day, CCA invites its member churches, councils, ecumenical partners and communities across Asia to listen more deeply, speak more openly and act more courageously. Let us challenge stigma, strengthen pastoral and community-based support, and work alongside mental health professionals and civil society to ensure that appropriate care is accessible, inclusive, and dignified.

"The Lord is close to the broken-hearted and saves those who are crushed in spirit." (*Psalm 34:18)* In our moments of anxiety, weariness, or sorrow, we are not beyond God's care. May we also become a compassionate presence for one another. May our churches become places where no one has to hide their pain, where seeking help is met with compassion rather than judgement, and where every person is welcomed, heard and accompanied.

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General Secretary, CCA