



Christian Conference of Asia

Payap University | P.O.Box 183 | Muang | Chiang Mai 50000 | Thailand
E-mail: ccagensec@cca.org.hk | www.cca.org.hk | Tel: +66-(0)53-243906 | 243907 Fax: +66-(0)53-247303

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Statement on World Mental Health Day 2025

Care for all who face upheaval and crisis due to mental health challenges is a vital act of solidarity and recognition of human dignity. On this World Mental Health Day, the Christian Conference of Asia affirms the value of caring for every person who needs support and accompaniment during difficult times in life.

The theme of this year's World Mental Health Day, "Mental Health in Humanitarian Emergencies," reminds us that amid crises, whether caused by personal struggles, natural disasters, conflicts, or public health emergencies, mental health support is not optional but essential for survival, recovery, and the restoration of human dignity.

Crises leave deep and often invisible scars. Beyond the many losses such as destroyed homes and lost livelihoods, the emotional toll experienced by people during humanitarian crises can be immense. The World Health Organization estimates that one in five persons who undergo humanitarian emergencies experiences a mental health problem. Without proper support, distress can deepen into despair; in such situations, caring for mental well-being is not only an act of compassion but also one that saves lives, builds resilience, and helps restore communities.

Asia and the Pacific is the world's most disaster-prone region. Climate-related events displace one person every two seconds, affecting about 142 million people annually, well above the global average, and the scale of disruption continues to grow, deepening psychological distress and social vulnerability. Moreover, ethnic and religious conflicts across the region exacerbate displacement, insecurity, and trauma for millions of people.

The crises in Myanmar and Afghanistan highlight the intertwined impacts of conflict, displacement, and trauma on countless people living in vulnerable situations. In Myanmar, recurring natural disasters and ongoing armed conflict have displaced millions, leaving more than 21 million people in need of humanitarian assistance. The Rohingya crisis remains one of the world's most protracted emergencies, with nearly one million Rohingya refugees in Bangladesh facing food shortages, overcrowding, and limited access to healthcare in the world's largest refugee camps. Years of persecution and displacement have left deep psychological wounds that call for a sustained and compassionate response.

In these challenging times, the moral and pastoral responsibility of the Church and faith-based organisations is more vital than ever. Churches can serve as sanctuaries of hope, offering spiritual and emotional care alongside other aid. Mental health must be recognised as integral to our Christian mission of health and healing, justice, and the preservation of human dignity.

As in many parts of Asia, people continue to live under highly vulnerable conditions. CCA calls for the integration of mental health and psychosocial support into churches' diakonal ministries, particularly in their engagement with humanitarian emergency responses as part of their diakonal mission. CCA urges governments, humanitarian agencies, and faith communities to ensure that such support is embedded at every stage of humanitarian response. Rebuilding lives is not merely about restoring homes and infrastructure; it is about strengthening mental health, overcoming anxiety, rekindling hope in times of despair, safeguarding dignity, and renewing the human spirit.

Dr Mathews George Chukakara
General Secretary, CCA