**Text for Social Media Tiles Support Life Sunday 2022**

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| **Suggested Order** | **File Name** | **Text** |
| Repeated  | (no file name)Title and hashtag text | **Support Life Sunday 2022** **Tautokona te Rātapu Whakaora 2022** **you are not alone** #youarenotalone**ehara hoki i te mea ko koe anake** #eharahokiitemeakokoeanake |
| 1. | 01.QDepressionSLS22SocialMedia | “When I was suffering from depression, my greatest moments of hope and clarity came in the form of affirmation. I didn't need to be reminded of my potential for greatness, or of what I could achieve at some point in the future when I had recovered. I needed to know that I was valued then and there. Being reminded of what I was contributing to the world and to the lives of those around me, even when I couldn't see it myself from that darkest place, helped me to carry on.” |
| 2. | 02.QSchizophreniaSLS22SocialMedia2.QTeReoSchizophreniaSLS22SocialMedia | “My brother has schizophrenia. When I started telling people, they started ignoring. I don’t think they knew what to do. They could have said, ‘You told me, your brother has schizophrenia, what do you need and what can we do to help you?’”**Te reo translation:**“He māuiui wairua tuakoi kei tōku tungāne”. Na, ka whakamōhio atu tēnei ki ētehi atu, ka huri tuara mai. Ki tōku whakapae, kāre rātou i te mōhio me aha. I taea e rātou te kī, ‘I mea mai koe he māuiui wairua tuakoi kei tō tungāne, me pēhea tāku tautoko i ā koe?” |
| 3. | 03.FMaori+RainbowSLS22SocialMedia | The prevalence of mental distress among **Māori** is almost 50% higher than among non-Māori.A strong body of evidence shows that **Rainbow communities** have significantly poorer mental health and are at a much higher risk of distress, addiction and suicide. |
| 4. | 04.QHusbandDiedSLS22SocialMedia | “My husband died unexpectedly. People were really kind and caring for about a week after he died, but then it all stopped. I needed that support to be there for months and especially that first anniversary.**Additional text that can be added to caption…**I wanted people to say, “When I take my dog for a walk, do you want to come?” or “I’m going out for a coffee tomorrow, do you want to come.” |
| 5. | 05.FYouth+SeniorsSLS22SocialMedia | New Zealand **young people** are more likely than older people to report symptoms of depression, anxiety and psychological distress. New Zealand has one of the highest rates of adolescent suicide in the OECD.  Mental distress in **older people** may arise from cognitive decline, grief and loss, role changes and loss of function, loneliness, isolation and stigma. |
| 6. | 06.QMadeMuchHarderSLS22SocialMedia06.QTeReoMadeMuchHarderSLS22SocialMedia | “It was made much harder when people close to me avoided speaking to me because they knew I was ill – I felt more isolated and alone than ever."**Te reo translation:**“I taumaha rawa ahau nā te karo o ngā tāngata i ahau, nā tō rātou mōhio he tūroro ahau – nā tēnā i noho mohoao, ā, i mokemoke rawa”. |
| 7. | 07.FPrison+JobLossSLS22SocialMedia | A 2016 study found that 91% of **prisoners** had a lifetime diagnosis of a mental health or substance use disorder, often in combination.Job loss and **unemployment** are associated with a greater risk of developing a mental illness. For over 40% of all recipients of health and disability income support, mental illness is the primary barrier to being able to work.  |
| 8. | 08.QOfferItUpSLS22SocialMedia | “When I was at my lowest, hearing ‘offer it up’ or ‘we’ll pray for you’ didn’t help at all. It made me feel ignored and brushed off. I wanted people to tell me depression is one of the worst things you can go through.” |
| 9. | 09.FRealCostSLS22SocialMedia | “... the real cost of mental illness is far more than economic. It is felt in the stigma and discrimination experienced by the most vulnerable – being labelled, shunned, denied support, or not even being recognised. This denies a person’s human dignity and their right to live life to the full.”ACBC Social Justice StatementP.6-7 |
| 10. | 10.QRelationshipSLS22SocialMedia | “Having an open relationship with God is most definitely positive for mental wellbeing because I know I can talk to him. I’m able to get things off my chest and he talks to me through people. It gives me hope for the future because my relationship with God will keep growing” |
| 11. | 11.FBodyofChristSLS22SocialMedia | “We are called to re-member the Body of Christ by making mental health a key priority, acknowledging people living with mental ill-health as ‘us’ and not ‘them’.”ACBC Social Justice StatementP.8 |
| 12. | 12.FBrokenArmSLS22SocialMedia12.FTeReoBrokenArmSLS22SocialMedia | “No one would ever say that someone with a broken arm or a broken leg is less than a whole person, but people say that all the time about people with mental illness… If you are a person with mental illness, the challenge is to find the life that’s right for you. But in truth isn’t that the challenge for all of us.”**Te reo translation of a shortened English translation:**“Kāore e tika ana kia whakakuringia iho te tangata ringa pākaru, waewae pākaru rānei, e pēnei ana te nuinga ki te hunga e mate ā hinengaro ana.”*“No one would ever say that someone with a broken arm or a broken leg is less than a whole person, but people say that all the time about people with mental illness.”* |