# **‘YOU ARE NOT ALONE’: ACCOMPANYING & CARING FOR PEOPLE LIVING WITH MENTAL ILLNESS**

# **GUIDELINES FOR UTILISING** **SUPPORT LIFE SUNDAY 2022 MATERIAL**

 **Key Dates**

Support Life Sunday is **Sunday 9 October** 2022. Twenty-Eighth Sunday in Ordinary time.

The theme chosen by the NZ Bishops for this year centres around mental illness

**Headings**

**Support Life Sunday 2022** **Tautokona te Rātapu Whakaora 2022**

The full tagline is ***You are not alone: Accompanying and caring for people living with mental illness***

The shortened tagline is *You are not alone*which has also been translated into te reo - *ehara hoki i te mea ko koe anake*

Please keep in mind that New Zealand’s **Mental Health Awareness Week** is **26 Sept-2 Oct.** While this is coincidental, we think it provides a wonderful point of entry for Catholic parishes to reflect on and discuss what is such an important and urgent topic. Therefore, we encourage you to use the social media tiles provided (see below) and suggest that you begin posting them on your parish social media platforms starting on **Monday the 3rd of October** (leading up to the weekend of Support Life Sunday) as well as the five days following.

**Material on website - link**

The material that has been prepared by The Nathaniel Centre will also be available online at [https://www.catholic.org.nz/resources/sls2022/](http://www.depression.org.nz/)

**Mental Health Awareness Week**

The Mental Health Foundation has useful resources on their website [https://mhaw.nz/](https://mentalhealth.inquiry.govt.nz/inquiry-report/he-ara-oranga/chapter-3-what-we-think/3-2-our-conclusions/)

**Social Media Tiles**

*File Names listed in the table at the end of this document with the plain text for captions*

The campaign seeks, as one of its aims, to give a voice to people with first-hand experience of mental illness. In this [media pack](https://tekupengactc.sharepoint.com/%3Af%3A/s/External/EsqEbIbkVuBKmDCCTXEaNiMBAd9JVmng6jliWqajpWQp_Q?e=XN3AHF) you will find a total 12 social media tiles comprising quotes that have been provided by various individuals, along with some other tiles based around factual information about mental illness.

As noted above, our suggestion is that you begin posting the tiles on your social media accounts on **Monday the 3rd of October**.

Please see the note below about how to ensure the information from these tiles can be picked up by ‘read aloud’ and accessible technologies.

**Captions for accessibility**

Please use the [text of the information](https://tekupengactc.sharepoint.com/%3Aw%3A/s/External/Ec-7zzN6T7ZFhSUFQgfSOncB79HivQLtcMoPr9qouT7MSQ?e=IJZyZv) that is pictured in the social media tiles in your caption of social media posts so that ‘read aloud’ or assistive technology that reads digital text aloud can be make the quotes and information accessible. A list of the [text](https://tekupengactc.sharepoint.com/%3Aw%3A/s/External/Ec-7zzN6T7ZFhSUFQgfSOncB79HivQLtcMoPr9qouT7MSQ?e=IJZyZv) is also provided at the end of this document for you to easily copy and paste into the captions.

**Poster**

The [poster](https://tekupengactc.sharepoint.com/%3Ab%3A/s/External/EXwmxEDYoUdMja-VQB21ZHUB5_prM_tN0D6jMVrNaI3cpA?e=neCUax) which features three anonymous quotes, has been designed for classrooms, church buildings, offices and gathering spaces and can be easily printed up to A3 size.

**File Name:** SLS Poster

**Examination of Conscience - parishes**

**File Name:** SLS [Parishes Examen](https://tekupengactc.sharepoint.com/%3Ab%3A/s/External/ETYBpGAFa6VKlPSqBzNVl_UBX_YWMiUD01RCVg3YSzHcsw?e=rs4hcH) Poster

**File Name:** SLS Parish Examen [PowerPoint Ready Slide](https://tekupengactc.sharepoint.com/%3Ap%3A/s/External/EbhpM_l6I_tCg_wc4l6OWLYBNMXI2JmotgBACkLFBiq_Kw?e=Pt8e1d)

We have provided a series of questions around the theme of Mental Illness designed to prompt self-reflection as well as community discussion. The questions will, hopefully, assist us to become more aware, more inclusive and more supportive of those living with mental illness and their families.

The examen can be printed off as a poster and/or used for newsletters. There is also a PowerPoint version of the examen for you to use on screen in your churches should you wish.

**Examination of Conscience - Primary Schools and Colleges**

Specially adapted forms of the examen are provided for use in [primary schools](https://tekupengactc.sharepoint.com/%3Ab%3A/s/External/EUg1g2PvA0ROuopyPWh2oQIBEDUImWhsIvusaUtUuGO5Sg?e=aeWTqV) and [secondary schools](https://tekupengactc.sharepoint.com/%3Ab%3A/s/External/EejNDY3ejHVCnl2CtdCBAU4BoecDqrl-O4l-WQq-PZUpKw?e=AEh3P4). These are also available to be printed off as a poster for classrooms.

**File Name:** SLS Primary Schools Examen
**File Name:** SLS Colleges Examen

**Questions for Parish Leadership Teams and Pastoral Carers**

**File Name:** SLSQuestions for Parish Leadership Teams and Pastoral Carers

We are also providing a further [list of points for parish leadership](https://tekupengactc.sharepoint.com/%3Aw%3A/s/External/Ec7KchHLZUlEgds7EdhHMyUBwrFwOYt14O4aLpvk6RfqWA?e=8HvXGt) teams and parish ministers to

reflect on to ensure that parish communities can become more inclusive and supportive of those

with mental illness and their whānau.

This material has been provided by Michael Hempseed - Professional Speaker and Author of “Being a True Hero: Understanding & Preventing Suicide in Your Community”.

**PowerPoint Slides**

**File Name:** SLS Mass Holding PowerPoint Slide

A [‘holding slide’](https://tekupengactc.sharepoint.com/%3Ap%3A/s/External/EWmNPx6Wx2ZPjt69xVDPRjEBN6mHGnSN9-ktlz2c1nSjRg?e=cUnenS) has been prepared for you to use as you wish – for example, before Mass begins or after or at gatherings or meetings around this time.

**Liturgical Resources – supplied by the National Liturgy Office**

Twenty-Eighth Sunday in Ordinary time - 9th October 2022

***You are not alone: Accompanying and caring for people living with mental illness***

**Readings:**

2 Kings 5:14-17 Conversion of Naaman

Psalm 98:1, 2-3,3-4 The Lord has revealed to the nations his saving power

2 Tm 2:8-13 If we have died with him, we shall also live with him…

Luke 17:11-19 The Ten Lepers

**Parish Newsletter gap-fillers for this Sunday.**

* Pope Francis reflecting on seeking psychoanalysis for himself at a challenging time in his life: "The treatment with the psychiatrist also helped me to locate myself and learn to manage my anxiety and avoid being rushed when making decisions. The decision making process is always complex. And the advice and observations that she gave me was very helpful. ... Her teachings are still very useful to me today."
* “The difference between "active" and "busy" is that the former includes reflection and is directed, whereas the busy life feels out of control and does not seem purposeful or meaningful.”  Robert J. Wicks (who has visited NZ several times)
* "Let nothing perturb you, nothing frighten you. All things pass. God does not change. Patience achieves everything." Teresa of Avila
* “We are all born as originals, but many of us will die as photocopies.” Carlo Acutis RIP 2006 aged 16
* “Whoever suffers from mental illness 'always' bears God's image and likeness in themselves, as does every human being In addition, they 'always' have the inalienable right not only to be considered as an image of God and therefore as a person, but also to be treated as such". John Paul II 1996

**Prayer of Intercession**

*(feel free to adapt these prayer-suggestions to the local parish / school need)*

* Lord Jesus, You are our healer, and each one of us is in need of healing. Heal us from being caught up in ourselves. Free us from the fear that keeps us from reaching out to others who may need our gestures of friendship. Give us the courage and generosity to be gentle with our own struggles with mental health, and to then be gentle and generous with the struggles of others.
* In today’s second reading we heard the saying that we can rely on: “If we have died with Christ, then we shall live with Him”. Today especially we pray for those who may be physically healthy but who feel deeply burdened by their psychological struggles. Use each one of us, Lord Jesus, as your instruments to bring healing and new life to others.

**Hymn Suggestions**

* You Raise Me Up
* On Eagles Wings
* Be Still My Soul
* Be Not Afraid
* Like a Shepherd He Feeds His Flock
* Grace Alone
* Abide With Me

**Homily Notes:**

* You might like to listen to a half-hour podcast reflection on these scriptures at [www.foodforfaith.org.nz](http://www.outline.org.nz/) – look for the Homily Studio link. The podcast for support Life Sunday will be available to listen to from **Monday 3 October**.
* The scriptures for this Sunday provide an ideal foundation to our national focus on accompanying and caring for people living with mental illness since leprosy was not considered simply to be a physical ailment but a symptom or sign of deeper psychological struggles. In many ways, the outcast lepers 2000 years ago are the sisters and brothers of those living with mental illness in 2022. If this is mentioned in a homily, it needs to be in the context of Jesus response to the leper – embracing as a sister, a brother, and even learning from the one who is struggling and marginalised.
* There are times when each of us struggle psychologically; when things are tough, when dealing with the death of one we love, when facing our own death, when the dreams we have for our relationships and our work, for our children and our security seem to unravel. It is appropriate and even necessary to acknowledge the struggle with mental health at these times since the struggle turns us to Jesus who is THE healer, the guide, and the one ready to accompany us through present difficulties to greater human maturity and therefore to greater maturity of faith.
* Seeking the counsel of a professional (as the lepers sought Jesus) is not a sign of weakness but a step in courage, confident that Jesus works through wise and skilled people and aware that we are wise when we ask for the help we need. Healthy psychology does not contradict healthy spirituality and healthy spirituality does not contradict health psychology.
* It may be helpful in a homily to quote from Pope Francis when he reflected on seeking psychoanalysis at a challenging time in his own life: "The treatment with the psychiatrist also helped me to locate myself and learn to manage my anxiety and avoid being rushed when making decisions. The decision making process is always complex. And the advice and observations that she gave me was very helpful. ... Her teachings are still very useful to me today."
* Pope Francis’ homily on these scriptures in 2013 suggests that there are three steps in the journey of faith of the leper who returned to give thanks: 1. They cry out. 2. They walk, and 3. They give thanks. While the nine lepers took the first two steps, they were not as fully healed as the one who understood that this desire was not simply for the appearance of recovery (her skin was restored) but for relationship with Jesus the healer. The nine did not respond to Jesus’ invitation to relationship. The one returned seeking relationship with Jesus and no doubt every time Jesus returned to the border region between Samaria and Galilee he and the cured man would have reunited as friends.

**Another Liturgy Suggestion for Support Life Sunday:**

While it is easy to fill every moment of a parish or school liturgy with words, music or activity, the Rites of the Liturgy invite us to embrace silence at several points during the liturgy. Some people may not know how best to use this silence before Mass, after the homily or after communion. You might like to use this invitation perhaps especially with two minutes silence before Mass begins today:

Today, as we hear of Jesus’ healing of the lepers let us take time to be still and silent, allowing Jesus to renew our desire for abundance in life for ourselves and for those we love. *(10 second silence).* As we mark this Sunday as **Support Life Sunday,** let us call to mind our own struggles and anxieties, perhaps our awareness of our own vulnerable mental health. *(10 second silence).* We remember too those in our own families, friends, those we work with who struggle with issues of mental health *(10 second silence).*  Throughout this Mass we pray for all who face these difficulties, that Jesus will use us to bring them healing and abundance of life.

**Help & Support**

Please consider including nationwide or local (to you) helplines, websites and places to go to for support when promoting Support Life Sunday material.

**HELPLINES**

* Need to talk? Free call or text [1737](https://mentalhealth.org.nz/our-work/resource-and-information-service) any time for support from a trained counsellor.
* [Lifeline](https://www.sparx.org.nz/) – 0800 543 354 (0800 LIFELINE) for counselling and support.
* [Depression Helpline](https://www.catholic.org.nz/resources/sls2022/) – 0800 111 757 to talk to a trained counsellor about how you are feeling or to ask any questions.
* [Suicide Crisis Helpline](https://mhaw.nz/) – 0508 828 865 (0508 TAUTOKO) For people in distress, and people who are worried about someone else.
* [Healthline](http://www.foodforfaith.org.nz) – 0800 611 116 for advice from trained registered nurses.
* [Samaritans](https://www.cbcew.org.uk/mental-health/) – 0800 726 666
* [Youthline](https://mediablog.catholic.org.au/bishops-release-mental-illness-outreach-guidelines/) – 0800 376 633, free text 234 or email talk@youthline.co.nz. For young people, and their parents, whānau and friends.
* [What's Up](http://www.depression.org.nz/) – 0800 942 8787 (for 5–18-year-olds; Mon to Fri midday–11pm and weekends 3pm–11pm).
* [Kidsline](https://www.lifeline.org.nz/suicide-crisis-helpline) – 0800 54 37 54 (0800 KIDSLINE) – for young people up to 18 years of age. Open 24/7.
* OUTLine NZ – 0800 688 5463 (0800 OUTLINE) – provides confidential support for sexuality or gender identity issues.
* [SPARX](http://www.youthline.co.nz/) – an online self-help tool that teaches young people the key skills needed to help combat depression and anxiety.
* [The Journal](https://mentalhealth.org.nz/) – NZ based self-help programme designed to teach you skills that can help get through mild to moderate depression more effectively.
* [Big White Wall](http://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline?ReturnUrl=%2f) – Free for Auckland residents. A UK-based professionally facilitated, peer support community of people who are experiencing common mental health problems.

There is further information and learning resources on the Mental Health Foundation’s website, from explanations of medical conditions and statistics through to lists of community support groups in your area. [**https://mentalhealth.org.nz/our-work/resource-and-information-service**](http://samaritans.org.nz/)

**Further Learning**

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[https://www.cbcew.org.uk/mental-health/](http://www.lifeline.co.nz/) The Catholic Bishops Conference of England & Wales has established a Mental Health Project to further encourage and inspire communities of understanding.

[https://mediablog.catholic.org.au/bishops-release-mental-illness-outreach-guidelines/](http://www.whatsup.co.nz/) the Australian Catholic Bishops have published guidelines to provide parishes with very useful information about mental illness in its various forms.

[https://mentalhealth.org.nz/](http://www.kidsline.org.nz/) New Zealand’s Mental Health Foundation has useful resources and information for the New Zealand context.

[https://mentalhealth.inquiry.govt.nz/inquiry-report/he-ara-oranga/chapter-3-what-we-think/3-2-our-conclusions/](http://www.bigwhitewall.com/landing-pages/defaultnz.aspx) The conclusion section of *He Ara Oranga : Report of the Government Inquiry into Mental Health and Addiction* (2018)

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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.”* |