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

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

Support Life Sunday is Sunday 9 October 2022. The theme chosen by the NZ Bishops for this year centres around mental illness

**We realise this will coincide with the October school holidays however there is no expiry date on when the material can be used, and you are encouraged to share and discuss the resource materials in Term 4.**

**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*

**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

**Examination of Conscience - parishes**

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

**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.

**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.

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

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

**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.

**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/)

**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/)