

# SUPPORT LIFE SUNDAY 2022

## TAUTOKONA TE RĀTAPU WHAKAORA

**YOU ARE NOT ALONE – ACCOMPANYING AND CARING FOR PEOPLE WITH MENTAL ILLNESS**

### An Examination of Conscience

Take a moment to quickly skim the reflection points below, taking note of which question(s) challenge you most deeply.

1. How might I be able to more actively listen to the response of another when I ask “How are you?”
2. How honest am I about the reality of my life, particularly my struggles, when people ask how I am?
3. In what ways do I think differently about mental illness from other illnesses?
4. How do I respond to people with a mental illness? Am I likely to use cliches and platitudes instead of truly empathising?
5. Do I ever avoid people I know who are struggling with their mental health?
6. Do I carelessly use language to describe situations or behaviour which diminishes or makes light of mental illness?
7. How can we make our parish faith community more inclusive and inviting for people who are mentally ill and their whanau?

Commit yourself to one or more practical actions you can take.



# TE KUPENGA

**THE NATHANIEL CENTRE**  
THE NEW ZEALAND CATHOLIC BIOETHICS CENTRE

**#youarenotalone**

**#eharahokiitemeakokoeanake**

