

SUPPORT LIFE SUNDAY 2022

TAUTOKONA TE RĀTAPU WHAKAORA

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

An Examination of Conscience – a reflection exercise.

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

1. Do I notice when my friends seem to be struggling?
2. How often do I ask my friends how they are feeling and actively listen and care about their answer?
3. Am I honest about my own struggles or difficulties so others have courage to be honest with me?
4. If a friend tells me they're worried or stressed, do I brush off their worries or do I support them to seek help?
5. Do I tend to joke or make light of someone's challenging situation which could belittle their struggles?
6. How can I learn more about mental illness?
7. What are some ways I could help when someone who tells me they're lonely or worried?

Take a moment to think of one practical action you can take (i) as individuals and (ii) as a class/group.



#youarenotalone

#eharahokiitemeakokoeanake

