

# SUPPORT LIFE SUNDAY 2022

## TAUTOKONA TE RĀTAPU WHAKAORA

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

“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.”

“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.”

“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.”

**#EHARAHOKIITEMEAKOKOEANAKE**

**#YOUARENOTALONE**



**Te Huinga o ngā Pihopa  
Katorika o Aotearoa**  
New Zealand Catholic Bishops Conference

TE KUPENGA

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