

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. Am I friendly to those who look lonely?
2. Do I ask if I can help when I see someone who looks upset or sad?
3. Am I happy to include someone if they are on their own?
4. Are there positive ways I can encourage my friends when they find something difficult?
5. What are kind and supportive things I can say to my classmates?
6. Sometimes I know that things are harder for other children than for me – what can I say or do?
7. Sometimes I know that things are harder for me than for other children – what can I say or do?

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



#youarenotalone

#eharahokiitemeakokoeanake

