



Connect · Support · Empower



### **Mental Health Month in the ACT - in the time of a pandemic**

October is Mental Health Month across Australia, including in the ACT.

Especially during these times of the COVID pandemic, we can all experience feelings of anxiety, uncertainty, low mood or depression, and grief. Everyone has felt the impact of enormous changes in our lives, even if the changes have been imposed for good reasons.

We need to actively look after ourselves, including our mental wellbeing, so we emerge from this time feeling able to continue with our lives.

There are some things we can do to help ourselves, such as:

- Celebrate the positive in our lives, the strengths that have helped us through challenging times before
- Connect with others, pay attention to our close relationships, keep in touch, reach out and make new friends
- Grow by expanding our horizons and try something new that creates meaning and purpose for ourselves, such as a new hobby
- Be as active as possible. Having a sense of belonging and committing to a purpose in life all contribute to happiness and good mental health.

If you feel like you are just not coping well, or are unable to do the things you usually enjoy doing, then it's best to have a chat with your doctor, who can offer some helpful advice, and refer you to appropriate support if needed.

Within our Parish, it is important we keep in touch, especially with people who may be on their own, so we can respond if need be. Please alert the Parish Office if you know of someone who may need extra support.

Within our Archdiocese, CatholicCare offers help and support on **02 - 6295 4300**.

If you would like to read more about Mental Health Month or check out some resources please follow this link: [www.mentalhealthmonthact.org](http://www.mentalhealthmonthact.org).

For general mental health information and support the following links may be useful: [beyondblue.org.au](http://beyondblue.org.au) or [lifelinecanberra.org.au](http://lifelinecanberra.org.au).

Or you can call **Lifeline on 13 11 14** and **Beyondblue on 1300 22 4636**.