

DAY FOR LIFE 2008: MENTAL HEALTH

SCOTLAND - 31st May, IRELAND - 5th October, ENGLAND AND WALES - 6th July

Mental ill-health can happen to anyone - 1 in 4 people will experience a mental health problem at some stage in their life. Day for Life - the day in the Church's year dedicated to celebrating the sacredness of life - will focus this year on the theme of mental health.

USEFUL SUPPORT / RESOURCES

Websites

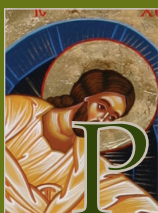
- www.everybodyswelcome.org.uk/mentalhealth
- www.ropsych.ac.uk/info
- www.samh.org.uk
- www.rethink.org
- www.carersinthecommunity.org.uk
- www.youngminds.org.uk
- www.sane.org.uk
- www.mind.org.uk
- www.awarenesseducation.org
- www.mhfa.org.uk

Documents

- Promoting Mental Health: A Resource for Spiritual and Pastoral Care. Church of England Web site.
 - Association for Pastoral Care in Mental Health: various leaflets
 - What is Severe Mental Illness? - available from Rethink
 - Royal College of Psychiatrists - wide variety of Mental Health leaflets
 - Mind: various leaflets
 - NHS Trust newspapers for local support groups - obtainable in doctors' surgeries
- #### Helplines
- Samaritans 0845 7909090
 - Saneline 0845 7678000
 - Scottish Association for Mental Health 0141 568 7000
 - Young Minds Parents' Information Service 08000 182138
 - Rethink Advice Service 020 89746814
 - Mind InfoLine 0845 7660163

The proceeds of the Day for Life collection to be held in parishes in England and Wales assists the work of the Linacre Centre for Healthcare Ethics and other life-related activities supported by the Church. For further information and to donate online: www.dayforlife.org or to Catholic Trust for England and Wales (39 Eccleston Square, London SW1V 1BX). Charity No.1097482

The text of this leaflet is available in large print: www.dayforlife.org

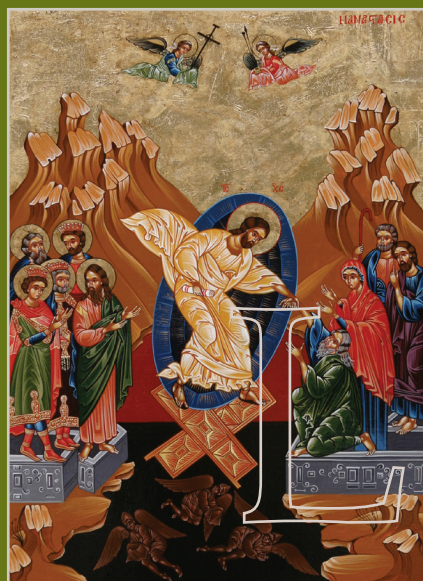


PRAYER

We thank you Lord for the gift of life.

Help us to appreciate the unique dignity of every human person and the individual contribution they make to the world, in fulfilment of the task you give them.

Enable us by your grace to promote their well-being, serving you in one another in a spirit of generosity, through Christ Jesus Our Lord, Amen.



DAY for LIFE

2008

www.dayforlife.org

'The Lord is close to the brokenhearted; he rescues those who are crushed in spirit'

Psalms 34

Day for Life is celebrated yearly by the Catholic Church in Ireland, Scotland and England and Wales. It is a day dedicated to raising awareness about the meaning and value of human life at every stage and in every condition. www.dayforlife.org