

CATHOLIC OUTREACH WORKSHOP

MENTAL HEALTH



by **AMANDA OLSEN**

Mental Health Worker

from the **EMMANUEL CENTER**
25 WINDSOR ST. PERTH

PH. 93288113

WORKSHEET ONE

In your groups find a bible reading that refers to
MENTAL ILLNESS

Write the passage down and any notes from discussion
your group has on why you have chosen this particular
bible reading.

And how does this relate to the work that you do?

MENTAL ILLNESS

What is it?

Mental illness is any condition affecting the brain that influences the way a person thinks, feels, behaves, and relates to others and to his or her surroundings.

Some symptoms of being mentally unwell are;

- confused thinking
- long lasting sadness or irritability
- extreme highs and lows in mood
- excessive fear, worrying or anxiety
- social or family withdrawal
- changes in eating or sleeping habits
- strong feelings of anger
- thoughts of suicide
- increasing inability to cope with daily problems and activities
- denial of obvious problems
- many unexplained physical problems

-delusions or hallucinations (seeing or hearing or feeling things that are not really there)

-abuse of drugs and or alcohol

-lose of interest in usual pleasurable activities.

CHANGES IN OUR MENTAL HEALTH

Not all changes in our mental health necessarily mean we may have a mental illness.

Some changes may occur as a normal brief reaction to a stressful event such as;

-break up of close relationship

-exam failure

-death of a loved one

-divorce

-other family crisis

-moving house and/or to another country/state/town

-physical illness

-other personal crisis and life changes

-accident

-ceasing employment

These stressful events can cause a bad patch in our mental health, and although can be very distressing, the distress will eventually pass.

If you are finding it is too difficult to deal with, and too disruptive to your life and the life of others around you should seek medical help.

If medical help is not sought early and symptoms persist, in some cases mental illness can occur.

WORKSHEET TWO

Take some time now to reflect on when you may have felt some of the symptoms of being mentally unwell at some time in your life.

How did you feel?

What was going on for you physically, mentally, spiritually?

What was happening in your life at the time?

WHITEBOARD NOTES

TOOLS for RECOVERY

MENTAL HEALTH FIRST AID

Mental health first aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. The aims of Mental Health First Aid are to

1. preserve life where a person may be a danger to themselves or others
2. provide help to prevent the mental health problem developing into a more serious state
3. promote recovery of good mental health
4. provide comfort to a person suffering a mental illness

Mental Health First Aid does NOT teach people to be therapists. Rather, it teaches how to recognise the symptoms of mental health problems, how to provide initial help and how to go about guiding a person towards appropriate professional help.

WHY MENTAL HEALTH FIRST AID?

1. Mental health problems are common
2. There is a stigma associated with mental health problems
3. Many people are not well informed
4. Professional Help is not always on hand
5. A person may not realise that they need help or that effective help is available
6. Members of the general public often do not know how to respond
7. The helper's actions may determine how quickly the person with the problem gets help and/or recovers.

FIVE STEPS TO MENTAL HEALTH FIRST AID

1. ASSESS RISK OF HARM OR
SUICIDE
2. LISTEN NON-JUDGMENTALLY
3. GIVE REASSURANCE AND
INFORMATION
4. ENCOURAGE PERSON TO
GET APPROPRIATE
PROFESSIONAL HELP
5. ENCOURAGE SELF-HELP
STRATEGIES

LISTENING NON-JUDGMENTALLY

YOU **ARE NOT** LISTENING TO ME WHEN:

- ✂ You say you understand.
- ✂ You say you have an answer to my problem and I have not even finished telling you!
- ✂ You cut me off before I've finished speaking.
- ✂ You finish my sentences for me.
- ✂ You tell me about your experiences, making mine seem unimportant.
- ✂ You refuse my thanks by saying you haven't really done anything!

YOU **ARE** LISTENING TO ME WHEN:

- ♥ You really try to understand me even if I'm not making much sense.
- ♥ You grasp my point of view even when it's against your own convictions.
- ♥ You allow me the dignity of making my own decisions, even though you think I might be wrong!
- ♥ You do not take my problem away from me, but allow me to deal with it in my own way.
- ♥ You hold back the desire to give me good advice.
- ♥ You do not offer me religious solace when you sense I am not ready for it.
- ♥ You give me enough room to discover for myself what is really going on.
- ♥ You accept my gratitude by telling me how it makes you feel to know that you have been helpful!

For all who call on the saints in their prayers I have copy and pasted some information on St Dymphna.

In some situations all you can do is pray, but never underestimate the power of prayer!

Saint Dymphna

Also known as

Dympna; Dimpna

Memorial

[15 May](#)

Profile

Daughter of a [pagan Irish](#) chieftain named Damon, and a beautiful devoted Christian woman whose name has not come down to us. Her [mother](#) died when Dymphna was a teenager. Her [father](#) searched the Western world for a woman to replace his wife, but none could. Returning home, he saw that his daughter was as beautiful as her [mother](#), and maddened by grief, he made advances on her. She fought him off, then fled to [Belgium](#) with [Saint Gerebernus](#), an elderly [priest](#) and family friend.



Dymphna's [father](#) searched for them, and his search led to [Belgium](#). There an [innkeeper](#) refused to accept his money, knowing it was difficult to exchange. This told Damon that his daughter was close - it would be unusual for a village [innkeeper](#) to know a lot about foreign currency, and his knowledge indicated that had recently seen it. The [king](#) concentrated his search in the area. When he found them in [Gheel](#), he beheaded [Gerebernus](#), and demanded that Dymphna surrender to him. She refused, and he killed her in a rage.

The site where she died is known for its miraculous healings of the [insane](#) and [possessed](#). There is now a well-known institution on the site, and her [relics](#) are reported to cure [insanity](#) and [epilepsy](#).

Patronage

[against sleepwalking](#); [epilepsy](#); [epileptics](#); [family happiness](#); [incest victims](#); [insanity](#); [loss of parents](#); [martyrs](#); [mental asylums](#); [mental disorders](#);

[mental health caregivers](#); [mental health professionals](#); [mental hospitals](#);
[mental illness](#); [mentally ill people](#); [nervous disorders](#); [neurological disorders](#);
[possessed people](#); [princesses](#); [psychiatrists](#); [rape victims](#); [runaways](#);
[sleepwalkers](#); [therapists](#)

Prayers

[Prayer I to...](#),
[Prayer II to...](#),
[...for the intercession of...](#),
[Nine Prayers to...](#),

Representation

being beheaded by the [king](#); kneeling at Mass while her [father](#) murders the [priest](#) Gerebernus; lamp; praying in a cloud surrounded by a group of lunatics bound with golden chains; [princess](#) holding a lamp and sword; [princess](#) with a sword holding the devil on a leash; young woman with [Saint](#) Gerebernus

Images

[Gallery](#) of images of Saint Dymphna [*6 images, 156 kb*]

Storefront

[Commercial Links](#) related to [Saint](#) Dymphna

Additional Information

[Google Directory](#)
[Catholic Encyclopedia](#), by J P Kirsch
[For All The Saints](#), by Katherine Rabenstein
[New Catholic Dictionary](#)
[Lives of the Saints](#), by [Father Alban Butler](#)

Translate

[español](#) | [français](#) | [deutsch](#) | [italiano](#) | [português](#)

Readings

Lord, our God, you graciously chose Saint Dymphna as patroness of those afflicted with mental and nervous disorders. She is thus an inspiration and a symbol of charity to the thousands who ask her intercession.

Please grant, Lord, through the prayers of this pure youthful martyr, relief and consolation to all suffering such trials, and especially those for whom we pray. (*Here mention those for whom you wish to pray*).

We beg you, Lord, to hear the prayers of Saint Dymphna on our behalf. Grant all those for whom we pray patience in their sufferings and resignation to your divine will. Please fill them with hope, and grant them the relief and cure they so much desire.

We ask this through Christ our Lord who suffered agony in the garden. Amen

[Saints Index Page](#) | [Catholic Community Forum](#) | [Contact Author](#)
| [Message Board](#)

HOMEWORK

Can you please look in your local parish areas for what available services there are for people living with a mental health issues.

Write down the name of the service the address and phone number and what kind of service they offer.

Then keep a list for yourself to have on hand and to help me in my work could you please make a copy and send it to me at

Amanda Olsen
Emmanuel Centre
25 Windsor St.
Perth 6000

Or email me on
amandaolsen@bigpond.com.au

Phone 93288113 Mon, Tues, and Thursday Emmanuel Centre

Don't hesitate to contact me with any queries re this workshop or the work you are doing.

KEEP UP YOUR GOOD WORK

DON'T FORGET TO LOOK AFTER YOUR MENTAL
HEALTH

YOURS IN RECOVERY

GOD BLESS YOU

Amanda Olsen