

**REVIEW OF LIFE ON MENTAL HEALTH**

**SEE**

* What kind of mental disabilities and difficulties are there?
* Do you have any personal experience of being depressed or anxious or do you know anyone suffering in this way? What is the reason for it?
* What are the main worries facing young people at this time?
* How easy is it to talk about having mental health problems?
* Is it difficult to find people who can help?

**JUDGE**

* Should more notice be taken of mental health?
* What things do you think would be helpful for young people with mental health difficulties?

Read these words of Pope Francis:

*“If you are young in years, but feel weak, weary or disillusioned, ask Jesus to renew you. With him, hope never fails. You can do the same if you feel overwhelmed by vices, bad habits, selfishness or unhealthy pastimes. Jesus, brimming with life, wants to help you make your youth worthwhile. In this way, you will not deprive the world of the contribution that you alone can make, in all your uniqueness and originality.*

*Yet let me also remind you that when we live apart from others, it is very difficult to fight against the temptations of the devil, and the selfishness of the world …………………..whenever you are united, you have marvellous strength. Whenever you are enthused about life in common, you are capable of great sacrifices for others and for the community. Isolation, on the other hand, saps our strength and exposes us to the worst evils of our time.”* *(Christus Vivit n.109-110)*

Do you feel you have a lot to offer?

* How does being in a group or community make us stronger? How does it help our mental well-being?

**ACT**

* Is there any action you can take to make you mentally stronger?
* Pope Francis said: “ask Jesus to renew you. With him, hope never fails.” How can we do this?
* Is there someone you could give support to?
* As a group can we be stronger? How can we help to make this happen?