



Checking in for mental health

It's been a tough year for many families and individuals.

Last week we celebrated R U OK? Day to evoke discussion around mental health and encourage us to check in with our loved ones. It was also an opportunity to discuss suicide awareness - with over 65,000 Australians making a suicide attempt each year*, this is a topic we can't ignore.

For a personal reflection and tips on how to ask someone *R U OK?*, take a read of our blog below. And if you or someone you know would like to speak to a professional counsellor for help, please visit our [website](#).

[Read more](#)

LATEST NEWS

[Learning English language for Citizenship](#)

For Australian Citizenship Day, take a peek into our Citizenship group sessions for refugees!

Meaningful moments

Youth Justice Chaplain shares a story on a young person seeking connection during lockdown.

[More news](#)

FRUSTRATED ABOUT COVID?

It's normal to feel angry, frustrated or stressed as a result of the lockdown restrictions.

While we can't change our situation, what we can control is how we respond to it. Speak to a friendly counsellor today to vent frustrations and learn how to manage negative or unwanted emotions.

[SPEAK TO A COUNSELLOR](#)



CatholicCare is the social service agency of the Catholic Archdiocese of Melbourne and the Diocese of Sale. We've been supporting families and individuals for the last 85 years.

We provide family and relationship support services, relationship courses, pastoral services, refugee and asylum seeker support, and school and education support. Our services are offered to the whole community, regardless of religious belief or background.

**Statistic from Lifeline.*