

## The Parish of Kill, Ardclough and Johnstown

Dear Resident of Kill, Ardclough and Johnstown,

We are very much aware that the Covid 19 pandemic and the restrictions imposed by it have impacted negatively on the lives of many. We know that feelings of anxiety, loneliness, depression and stress have now increased among the general population and no doubt, here amongst us too. Mental Health Ireland ([www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)) have given us some tips on ways that can help us to improve our mental health and wellbeing such as being physically active every day, staying connected with people, taking notice of the world around us, all of which have been found to be beneficial.

However, others may be struggling to get through these challenging times and may feel they cannot cope. With this in mind, we are enclosing a wallet card produced by the HSE with contact details of services that provide free, confidential, professional support. It takes courage to acknowledge that we need help and to reach out for support. But please, don't suffer in silence. You can be sure that if you contact any of these services that you will be treated with respect and compassion as you journey towards better mental health.

We suggest that you keep the card in your wallet, or leave it in an open area in your house, perhaps on your fridge door. You can get more cards from the porch of the Church in Kill or Ardclough, or in the local GP practices. A copy of this card is also available on our parish website [www.killparish.ie](http://www.killparish.ie)

**Remember, there is help out there. It is okay to say you're not okay and that you need help.**

There is hope, there is recovery, there is a brighter future ahead. Just take that first courageous step and pick up the phone, or text, or email any of the services listed on the wallet card if you feel you need help to get you through these difficult times. In addition to these services, relationship counselling is available from Accord at [www.accord.ie](http://www.accord.ie) or Phone 01 5313331.

In the Autumn, we will be planting a Tree of Hope in the park beside the Church of St. Brigid in Kill. We hope this might encourage people to step outside and take a walk in the park and enjoy the benefits of being in nature. Our churches are open every day until 5pm. Everyone is welcome to visit and spend some quiet time for spiritual comfort.

So please, do take care of yourselves and each other.

  
Siobhan O'Connor

Chairperson on behalf of the Parish Pastoral Council.