

Dealing with Anxiety and Trauma

“We are indeed living in a time of great crisis locally and globally. So, it is only human that we will experience considerable fear and anxiety.”

Most Reverend Vincent Long Van Nguyen OFM Conv, Pastoral Letter 25th March 2020

<p>CATHOLICCARE WESTERN SYDNEY & THE BLUE MOUNTAINS</p>	<p>CatholicCare offers services in many areas where people are experiencing anxiety and trauma. CatholicCare can be contacted via</p> <p>🌐 ccss.org.au or calling (02) 8843 2500</p>
<p>GRIEF CARE</p>	<p>A phone line is open Monday - Saturday (02) 9646 6908 for anyone wishing to talk through the losses, grief, anxiety, shock, trauma, anxiety we are feeling.</p> <p>To subscribe to a regular newsletter email</p> <p>✉ care@griefcare.com.au</p>
<p>SLICONNECT</p>	<p>SLIconnect is the education ministry of Saint Luke Institute. Resources for psychological and spiritual health.</p> <p>🌐 sliconnect.org/</p> <p>This specific video offers ways to managing coronavirus anxiety</p> <p>🌐 sliconnect.org/managing-coronavirus-anxiety</p>
<p>URGENT HELP</p>	<p>For urgent help or information call</p> <p>Lifeline ☎ 13 11 14</p> <p>or</p> <p>Beyondblue ☎ 1300 22 4636</p>
<p>YOUR EXPERIENCE BELONGS HERE</p>	<p>Share with us your own insights so in updating our resources we can offer your own wisdom</p>

The Pastoral Planning Office welcomes your own discoveries, initiatives and wisdom. We want to hear from you and so share with parishes and communities across our Diocese. We also encourage you to contact your Deanery Pastoral Council chairperson or Dean to share them amongst other communities in your deanery.

The team at the Pastoral Planning Office will be available to work with communities via video conferencing and phone to offer advice and support during these times.

Please email ✉ pastoralplanning@parracatholic.org with your best contact details (phone/email) and someone from our team will contact you.

The Pastoral Planning Office thanks you for your enduring faith, hope, love and commitment as we venture into the deep. We pray that you experience the peace and grace that our God offers and can be an ambassador of Christ's hope and peace to those you encounter and accompany.

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Weekly catch up – We offer a weekly Zoom session for anyone in pastoral ministry. Contact one of the team members above for meeting details.