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Every Mind Matters

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Ladies Conference
2019



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- 1 in 4 people will experience a mental health problem each year.
- 1 in 6 people report experiencing a common mental health problem, such as depression or anxiety in any given week.

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Good mental health is characterised by a persons ability to fulfil a number of key functions, including:

- The ability to learn.
- The ability to feel, express and manage a range of positive and negative emotions.
- The ability to form and maintain good relationships with others.
- The ability to cope with and manage change and uncertainty.

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“Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

- Colossians 3:12

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