

# Newsletter

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[adelphicare.org](http://adelphicare.org)

God-centred care  
for everyone



## Trust God

We are grateful that for this edition, Sis Kylee Mingham has provided two articles about disabilities. and one personal story. Kylee is a Psychosocial Recovery Coach, and has worked and studied over the last five years in the Mental Health and Disability industry.

## Physical and Mental Health Disabilities – National Disability Insurance Scheme (NDIS)

There are many different types of disabilities such as intellectual, physical, sensory, and mental illness. People with physical disabilities are also more likely to suffer from mental health issues. Some of the mental health issues are stress and anxiety, depression, grief and bereavement, relationship problems, identity issues, post-traumatic stress disorder (PTSD), anger problems, loneliness, and substance abuse. **These mental health issues can affect how we feel (our emotions and life satisfaction) and how we function (relationship with others, personal control, purpose in life and independence).** **The Bible** mentions some physical disabilities. It is recorded for us Isaac was blind, Jacob limped, Chushim was hard of hearing, Moses

stuttered, Samson died blind, Mephibosheth had crippled legs, and Edud had a shrivelled hand. ...

As brethren and sisters, we are blessed, because **we are not alone as we have God who gives comfort in our affliction, as He is the Father of mercies and the God of all comfort ...**

Read Kylee's full article here:

<https://www.adelphicare.org/documents/073-disability.pdf>

## Mental Health Illnesses

One in every five Australians experience a mental illness every year. The rate of mental illness is climbing since COVID, due to the worry about contracting the virus itself, movement restrictions, isolation, loss of employment and social interaction, and the increasing cost-of-living. ... **Mental health issues can be very stressful.** ... We long for that day when, God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. **"Even so, come, Lord Jesus."**

Read Kylee's full article here:

<https://www.adelphicare.org/documents/074-mental-health.pdf>

Read Kylee's story about **perinatal health and some of its difficulties.** **Her message? Seek help** by talking to your doctor or midwife, or join a support group so you can share and see other mothers who also are experiencing anxiety and depression, so that you do not feel alone.

<https://www.adelphicare.org/documents/075-perinatal.pdf>

## How do I help someone...?

... a book in progress!

We all want to help someone who needs our help, but we are not always certain what to do or say. This book is designed to provide some assistance in finding the right words and carrying out practical caring. This is a rolling project. It will take some time to complete. **There is an opportunity for you to contribute!** Please check out the site to read more about the book and **how you can contribute** to its pages. **We would warmly welcome your ideas and stories!** Your writing does not have to be lengthy or polished. We will sort that out! Please just send in your thoughts. We will acknowledge all submissions. Read more about it:

<https://www.adelphicare.org/HDIHS/HDIHS-Home.html>