



MENTAL HEALTH RESOURCES AND SUPPORT

Finding support can feel daunting when you or someone you love is struggling. Below is information and some resources at Christ The Rock and in our community to help you get started on the path to hope and healing.

GETTING STARTED: Primary Care Physician - Your physician can provide physical and mental health assessment and prescribe medication, but does not provide therapy or specialize in mental health.

COUNSELING OPTIONS

Visit christtherock.org/counseling for a list of local Christian counselors. As you look for the most helpful resources, the following distinctions may be useful:

Lay Counselors - Trained volunteers at CTR without mental health degrees or licenses who provide Christian counseling under pastoral supervision.

Unlicensed Therapists & Coaches - Focus on wellness, personal growth, and general mental health. Cannot diagnose and generally avoid working with clients who require diagnosis or treatment for severe mental health disorders.

Licensed Therapists - Masters-level health care professionals trained to evaluate a person's mental health and use therapeutic techniques based on specific training programs. Legally allowed to diagnose and treat severe mental illnesses. Can create treatment plans for clients with psychiatric diagnoses. Licensed by state licensing boards and can bill insurance companies.

Psychologists - Hold a doctoral degree in clinical psychology or another specialty such as counseling or education. Trained to evaluate a person's mental health using clinical interviews, psychological evaluations and testing. Can diagnose. Provide individual and group therapy. Licensed by state licensing boards and can bill insurance companies.

Psychiatrists - Licensed medical doctors who have completed psychiatric training. Can diagnose mental health conditions, prescribe and monitor medications and provide therapy. Can bill insurance companies.

CTR SUPPORT GROUPS:

Character Development: Fall registration opens May 27 at christtherock.org/classes

Journey Class: Fall registration opens May 27 at christtherock.org/care-support-groups.

CTR YEAR-ROUND RECOVERY GROUPS:

christtherock.org/recovery-groups

Celebrate Recovery - A safe place to work through destructive behaviors and find freedom in Christ. This Jesus-centered 12 step program is open to anyone looking for freedom from addictive or compulsive behaviors.

Freedom Fighters - This confidential group offers hope and freedom in Christ for men who feel trapped in the cycle of sexual sin, and a path forward to a life of sexual integrity.

OVERCOMING STRESS, ANXIETY AND DEPRESSION

CLASS: Tues., May 20-June 24 | 6:00-7:45 pm

If you're in a time of high stress, anxiety, or depression, this group will help you encounter Christ in the midst of it. Using a mix of video content from Brad Hambrick's G4 material and Paul Tripp's *How People Change*, Dr. Tony Beach (Redemption Counseling Ministries) will guide large and small group discussions about the transformational work God can do in our hearts in these hard life experiences.

COMMUNITY SUPPORT

National Alliance on Mental Illness (NAMI): Nonprofit that works to support and empower everyone touched by mental illness, to eliminate stigma and nurture recovery. Visit www.namifoxvalley.org and search for:

Family Education:

www.namifoxvalley.org/familyeducation

Family Support Groups: www.namifoxvalley.org/family-support-groups

Peer Education: www.namifoxvalley.org/peereducation

Peer Support Groups: www.namifoxvalley.org/peer-support-groups

PODCASTS BY CHRISTIAN COUNSELORS

The Allender Center Podcast (Dr. Dan Allender, Cathy Loerzel)

Being Known Podcast (Dr. Curt Thompson)

The Best of You Podcast (Dr. Allison Cook)

The Place We Find Ourselves Podcast (Adam Young, LCSW)

NATIONAL SUICIDE PREVENTION HOTLINE

Dial 988. The 988 Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline for anyone in suicidal crisis or emotional distress.