

# Helping You Help Your Church And Those With Special Needs



## Peer-to-peer guidance and resource management in:

- Assisting parishioners struggling with psychological issues and/or substance abuse
- Counseling church members facing a spousal or family conflict
- Helping your parish cope with a tragic event
- And other concerns

Turn to the [Pastoral Consultation Line](#) for the guidance you need. You'll speak to an ordained minister and licensed clinician who has the experience and compassion to help you assist your congregation with emotional concerns and serious life issues.

## Call to arrange the following services:

- Referrals to appropriate mental health and community resources
- Guidance in referring church members to these resources
- Referrals to individual and group intervention for chemical dependency
- Support groups
- Crisis intervention programs

## How It Can Help

*A parishioner needed a therapist for a child diagnosed with ADHD. The line provided the pastor with contact information on ADHD-specialized therapists in the area, as well as the local United Way in case sliding-fee counseling was needed.*

*A pastor was seeking ways to help a person with a gambling problem. The line supplied a list of nearby counselors that specialize in gambling addiction, plus the number to the local chapter of Gambling Anonymous.*

*A middle-aged parishioner, depressed after losing his job, spoke to his pastor about having suicidal thoughts. The line advised the pastor on referring the parishioner to an appropriate mental health professional for psychiatric care and follow-up. In addition to finding qualified practitioners, the line also provided information on local employment agencies.*

When you need additional help and guidance, just call

**1-800-842-2869**

The Pastoral Consultation Line is provided by United Behavioral Health, who also manages your Employee Assistance Program and Mental Health and Substance Abuse benefits under the HealthFlex Plan. If you yourself need assistance with a work or personal issue, call anytime, toll-free 1-800-788-5614 (1-800-842-9489 TDD).