



The Problem of Pain Series Resources

Suicide Prevention

National Suicide Prevention Lifeline, 1.800.273.8255, www.suicidepreventionlifeline.org

If you are thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. The Lifeline is available for everyone, is free, and confidential. Talking with someone about your thoughts and feelings can save your life.

Crisis Text Line

Text-based suicide prevention services across Minnesota. People who **text MN to 741741** will be connected with a counselor who will help defuse the crisis and connect the texter to local resources. Crisis Text Line is available 24 hours a day, seven days a week.

Helpful Training at Westwood

Care with the Love of Jesus Christ, Tuesdays, January 15–February 19 or April 9–May 4, 6:30-8:30pm, registration opens online in December

Would you like to be equipped to respond to others who are hurting? Join us to discover effective ways to carry the love of Christ into painful circumstances in the lives of those around you. Contact Bernice Kharrat, 952.454.6882

To Better Understand Suicide and Depression Seminar Series

Depression and suicide are on the rise. People facing these challenges often feel alone and misunderstood. To learn more for yourself or to better support a loved one, attend one or both seminars presented by local counselors from Lighthouse Counseling Ltd. Receive tools to manage your own mental health or to equip you to care for those in your life who are struggling. Learn about symptoms and practical action steps. Questions, contact Jeanne Griswold, 952.224.7322

Depression, Monday, September 24, 6:30 – 8:30pm, at Chanhassen Campus, registration not required, free

Presented by Rebecca McBride, MA, LPC,
<http://www.lighthousecounseling.com/therapists/rebecca-mcbride-ma/>

Suicide, Monday, October 1, 6:30 – 8:30pm, at Chanhassen Campus, registration not required, free

Presented by Marie Riemer, MA
<https://www.lighthousecounseling.com/therapists/marie-riemer/>

safeTALK: Suicide Alertness Training , Friday, October 19, 1:00-4:30pm or Saturday, November 17, 8:30am-12:00pm, register online, Cost: \$15

safeTALK is a half-day training in suicide alertness. It helps equip participants to take an active role in responding to persons expressing thoughts of suicide and connects them with resources to help them choose to live. Anyone age 15 or older who wants to make a difference can learn the safeTALK steps. Contact Jeanne Griswold, 952.224.7322, jeanne.griswold@westwoodcc.org

Resources at Westwood

Westwood Group and Team Leaders – We are all called to care for one another (Galatians 6:2). Talk with your small group leader, serve team leader or Westwood friends if you are experiencing pain in your life.

GriefShare – Mondays, October 1–November 26, 7:00–8:30pm, Room A205 at Chanhassen Campus, register online, Cost: \$25

Grief isn't meant to be experienced alone. Join us for a Christ-centered support group for individuals experiencing grief following the loss of a loved one. Each meeting includes a video teaching and discussion. We'll then separate into a small group that identifies with your specific type of loss (parent, spouse, child or friend) and offers personal reflection, group interaction and encouragement to one another. Contact Pam Kerber, 612.207.3324

Care Partner Ministry - Offering one-to-one care to give you the support you need during a difficult time. Care Partners are trained to offer encouragement, prayer and a compassionate listening ear. Often, Care Partners have faced the same or similar circumstances in their own lives. To be connected with a Care Partner, contact Jeanne Griswold, 952.224.7322, jeanne.griswold@westwoodcc.org

Prayer for Healing and Anointing with Oil – If you would like prayer for healing, our leadership team is glad to pray with you. To schedule a prayer appointment contact Jeanne Griswold, 952.224.7322, jeanne.griswold@westwoodcc.org

Community Resources

Northland Counseling Services, 952.974.3999, www.northlandcounseling.us

Offering Christian counseling in a variety of areas including anxiety, depression and an intensive outpatient program for those with critical mental health issues. www.bridges.northlandcounseling.us

Lighthouse Counseling, Ltd., 855.454.2463, www.lighthousecounseling.com

Mental Health Counseling from a faith-based perspective is essential for people who are struggling with emotional, mental and spiritual difficulties or for people who have difficulty achieving joy, peace, or fulfillment in life. It ensures our clients the full respect they deserve and the assurance we will work hard to help their family succeed without the fear of judgment.

NAMI (National Alliance on Mental Illness) Minnesota, 651.645.2948, www.namimn.org

Toll free: 1-888-NAMI-Helps (1-888-626-4435), Email: namihelps@namimn.org

Caregiver support – NAMI Family Support Group meets the second and fourth Monday of each month from 6:30–8:00pm, Chaska Moravian Church, 115 E 4th St, Chaska. All are welcome.

Regional Grief Support Network – An inter-faith meeting, provided free of charge and open to all adults that features guest speakers and interactive support groups. Their mission is to provide support and resources to people experiencing grief due to loss (death of a loved one, divorce, financial reversal, unemployment, or diminished health) or who are anticipating loss (caring for an ailing loved one). Registration is requested but not required. Contact Sue DeGolier at 952.442.2191, ext. 35594 with your name, phone number and location you plan to attend. The Chaska location meets every other Wednesday starting September 26, 3:30-5:00pm, Chaska Heights Senior Living, 3120 Chestnut Street, Door A, Chaska.