

RESOURCES FOR MENTAL HEALTH

EAP

Our full-time clergy who are covered under the health plan, HealthFlex, can access the Employee Assistance Program (EAP), 8 free sessions per issue per year, through their Benefits Access portal. Or they can go directly to Optum's website, www.liveandworkwell.com.

Our part-time clergy are covered through a separate plan the Board of Pensions purchased and can access this benefit directly through Optum's website, www.liveandworkwell.com.

Flyers/brochures with different components of Optum and how to use their services are available to all our clergy serving churches.

The phone number: 866-881-6800

RESOURCES FOR MENTAL HEALTH

Suicide Prevention and Crisis Support

There is a new suicide prevention and mental health crisis support number: **988**
It's not just for folks who are “on the verge of suicide” but instead for anyone who needs quick, real-time crisis support.

RESOURCES FOR MENTAL HEALTH

Pastoral Counseling

Richmond, Cornerstone Counseling, Dr. Margaret Brooks, **859-200-2872**

Pikeville Medical Center, **Chaplain Department**

Louisville, St. Matthews Pastoral Counseling Center, Dr. John Lepper, smpcc.net, **502-893-9832**

Lexington, Tree of Life Counseling, Rev. Crystal Shepherd, M. Div. KLPC, **502-235-7758**

RESOURCES FOR MENTAL HEALTH

Books

The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma, Bessel Van Der Kolk

Younger Next Year for Women, Chris Crowley and Henry S. Lodge

Younger Next Year: The Exercise Program, Chris Crowley and Henry S. Lodge

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies, Resmaa Menakem

Confessions of a Workaholic, Wayne E. Oates

RESOURCES FOR MENTAL HEALTH

Videos

Younger Next Year for Women: The New Science of Aging, Chris Crowley and Henry S. Lodge
(55 minutes) Prime Video

Resources – Teah Williams-Hampton, LCSW

RESOURCES FOR MENTAL HEALTH

Seeking Therapists

[PsychologyToday.com](https://www.psychologytoday.com)

[FaithfulCounseling.com](https://www.faithfulcounseling.com)

*If you are employed consider checking with your company EAP

RESOURCES FOR MENTAL HEALTH

Pastoral and Congregational Care Resources

<https://www.pastoralcareinc.com/>

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Self- Assessments

<https://www.pastoralcareinc.com/counseling/self-care/>

<https://www.pastoralcareinc.com/counseling/compassion-satisfaction-fatigue/>

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YouTube Channels for Meditation

Beatrix Von Watzdorf

<https://www.youtube.com/channel/UCfZG-gragcGftVqWW0vzYmA>

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Crisis Information

National Crisis Hotline - Call 988 (formerly 1-800-273-8255)

Text Hotline- 741-741

RESOURCES FOR MENTAL HEALTH

Training

Mental Health First Aid

<https://www.mentalhealthfirstaid.org/>

RESOURCES FOR MENTAL HEALTH

Breathing Exercises

<https://www.med.unc.edu/anesthesiology/enhancedrecovery/wp-content/uploads/sites/492/2017/11/Diaphragmatic-Breathing.pdf>

<https://www.cordem.org/globalassets/files/academic-assembly/2017-aa/handouts/day-three/biofeedback-exercises-for-stress-2---fernances-j.pdf>