

FIND A PROVIDER

Psychology Today

A helpful online directory that allows you to search using a variety of criteria that meets your needs.

<https://www.psychologytoday.com>

Open Path Collective

A nonprofit that serves clients who lack health insurance or whose health insurance doesn't provide adequate mental health benefits.

<https://openpathcollective.org/>

Therapy for Black Girls

TBG is an online space dedicated to encouraging the mental wellness of Black women and girls. The directory assists in finding trusted, culturally competent therapists that can help black women navigate being a strong black woman.

<https://therapyforblackgirls.com/>

Therapy for Black Men

TBM provides a judgment-free, multiculturally-competent care to Black men. They aim to break the stigma that asking for help is a sign of weakness. Their directory includes 346 therapists and 42 coaches throughout the fifty states thus far.

<https://therapyforblackmen.org>



RESOURCES

Websites:

GriefShare.org

nami.org

postpartum.net/get-help

therapyforchristians.com

What resources and mental health support does RDCI provide?

Overcoming Grief Group

Mothers Assisting Mothers (MAM)

Man to Man

Divorce Care

Widows/Widowers Support Group

Marriage Enrichment

Youth Ministry Small Groups

Expecting Miracles

Singles Ministry

More listed on our website:

rightdirection.info/ministries

rightdirection.info/smallgroups

RDCI's Mental Health Survey

<https://bit.ly/3sTjXi>



MENTAL HEALTH GUIDE & RESOURCES

RDCI

Right Direction Church International

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



CAN I BE SAVED AND SEE A THERAPIST?

Absolutely! It is not against our faith for Christians to go to counseling. In fact, it actually is biblically sound to do so. Paul instructs Christians to take every thought captive and make them obedient to Christ (2 Cor. 10:5). Therapy provides the therapeutic tools to help us become aware of more of these thoughts, process previous traumas, and to identify our self-limiting beliefs and actions so that we might replace them with whatever is true, noble, right, pure, lovely admirable, excellent and praiseworthy (Phil. 4:8).



4 C's of Mental Health + 1

Common

Mental illnesses are among the most common health conditions in the United States. More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.

Coping Skills

Skills, strategies, tools for your emotional toolbox...coping skills go by a lot of names. "Coping skill" is a broad term that gets used to describe any activity that is good for a person's mental health. Coping skills are things that we can do in-the-moment, when we are feeling lousy, to help us turn down the volume of our emotions and avoid getting overwhelmed.

Counseling

In the United States, nearly 1 in 5 adults live with a mental health condition, according to the National Institute of Mental Health, but only about half of them receive treatment. If you or a loved one are experiencing distressing emotions, thoughts, or behaviors and having trouble managing them, you might consider different treatment options, including mental health counseling. You can have Jesus and therapy.

Community

Being part of a Christian community, like coming to church, serving in ministries, and participating in events can have a positive effect on mental health and emotional well-being. Community involvement provides a sense of belonging and social connectedness.

Crisis

Mental health counseling isn't a substitute for emergency services. In the event of a mental health emergency — like if you're thinking about harming yourself or someone else or you know someone is considering harming themselves — call the National Suicide Prevention Lifeline 24/7 at 800-273-8255.

DO I NEED HELP?

Do I have mild symptoms that have lasted for less than two weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

- Pray
- Exercise (e.g., aerobics, jogging, yoga)
- Read your Bible
- Engage in social contact (virtual or in-person)
- Get adequate sleep on a regular schedule
- Eat healthy
- Sing and dance to a worship or praise song
- Talk to a trusted friend or family member
- Practice meditation, relaxation, and mindfulness

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

Seek professional and/or pastoral help:

- Continue taking care of your health (the natural)
- Schedule a meeting with your designated church clergy
- Psychotherapy (talk therapy)—virtual or in-person; individual, group, or family
- Medications if needed
- Brain stimulation therapies