

“Mental illness: Our story is the church’s story”

is the lead article in the May 31, 2017 issue of the Presbyterian Outlook. In it is a powerful reminder,

*“Pastors are also on the front lines, often the first person to come into contact with a parishioner with a mental health crisis. According to Health Services Research, pastors are contacted more often than psychiatrists or general medical doctors by people with mental illness. This research concludes that **pastors, whether we want to or not, play a crucial role in mental healthcare treatment.** Yet how many pastors are actually trained to recognize mental illness or provide appropriate therapy?*

*In the church’s efforts to be holy, we have sacrificed what it means to be whole. **At times the idealized spiritual life has masked a hurting, broken spirit.** For too long it was considered unholy to have a mental illness or a family member with a mental illness. Heaven forbid you are a pastor with a mental illness. So, like me, many Christians have kept mental illness hidden, choosing silence over shame and stigma.”*

This article goes on to give wisdom and practical advice for church leaders.

Please read the whole article at

<http://pres-outlook.org/2016/05/mental-illness-story-churchs-story/>

To help congregations and pastors here is a selected list of Mental Health & Support Resources available in the West Community of Presbytery

REGIONAL RESOURCES

Regional Services – Offices in many communities

- **Crisis Solutions of North Carolina** (An Initiative of the NC Dept. of Health and Human Services – Div. of Mental health, Developmental Disabilities & Substance Abuse Services.) To find a provider in your county: www.crisissolutionsnc.org
- **Carenet Counseling Centers** Find one near you www.wakehealth.edu/CareNet/CareNet-Centers-and-Affiliates.htm
- **Alliance Behavior Health Services**, Find one near you <http://providersearch.alliancebhc.org/>

For veterans in crisis call:

- **Veterans crisis line 1-800-273-8255** Confidential crisis help for veterans and their families
- Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

For people with mental health needs (and others) who need additional community supports

- **United Way Community Resource Hotline 211**
- This is an information database for available community resources throughout North Carolina

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This is NOT A COMPREHENSIVE list. NOTE: These agencies have not been vetted by the Presbytery and this is not an endorsement of their services.

This list is meant to focus on resources in the West Community of Presbytery (Harnett, Lee, Moore, Hoke & Scotland Counties)

If you wish to help us expand and strengthen this list, to **add additional resources** please email Robert Whitehouse at R_JWhitehouse@hotmail.com or Charles Wentz at dir@scotlandcounseling.org or Laura Lupton at LauraLupton@presbycc.org

**If someone is discussing suicide or threatening harm to themselves or others
CALL 911 Immediately**

CHURCH SPECIFIC RESOURCES

For church education resources for dealing with mental health issues

- www.mentalhealthministries.net (offers pastor training seminars in NC)
- www.mentalhealthfirstaid.org (General Training for anyone)

Stephen Ministries

- www.stephenministries.org – training and equipping members to care for members
- Churches currently using Stephen Ministries: Bethesda, Community, McDonald's Chapel, Brownson Memorial and others.

Ministry Development Services, (704) 554-9222, www.ministryds.org, 6100 Sardis Rd, Charlotte, NC 28210

The Presbyterian Church (U.S.A.), has teamed with the Insurance Board and Praesidium to help PC(USA) church councils and church members prevent child sexual abuse. The partnership has launched a **toll-free Abuse Prevention Helpline (866-607-SAFE)** to help keep predators away from children.

LEE COUNTY

The Lee County has published a brochure of Mental Health Support Resources found at

- www.leecountync.gov/Departments/PublicHealth/LeeCAN.aspx

For homeless people in Lee County some resources are:

- **Family Promise (919) 718-0569**
- **Pastor Kivett – homeless shelters (919) 499-3194**

HARNETT COUNTY

- Carenet Counseling Center - Erwin Center, 910-897-8930, 400 Denim Drive, Erwin, NC 28339,

SCOTLAND COUNTY

- **Scotland Family Counseling Center**, Charles Wentz, Director, (910) 276 7011

MOORE COUNTY (and beyond)

For a person who is suicidal, homicidal, or engaged in uncontrolled substance abuse call:

- **Mobile Crisis Management 1-877-626-1771** 24/7/365 crisis response by professionally trained staff. Mobile crisis staff will provide assistance by phone or in person, if necessary, including assessment, crisis stabilization, linking to appropriate resources, pursuing commitment for treatment, etc.

Support for suicide prevention/support call

- **Lifeline Suicide Prevention/Talkline 1 800 273 8255**
The Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Website includes information on suicide prevention chat lines, texting, and further support for suicide prevention www.suicidepreventionlifeline.org

For a referral for mental health, substance abuse, and intellectual disabilities services call:

- **Sandhills Center Immediate Helpline 1-800-256-2452** www.sandhillscenter.org

Support for individuals and families dealing with severe mental illness call;

- **NAMI – North Carolina 1-800-451-9682** www.naminc.org Moore County NAMI number is 910 295-1053. Website www.nami-moorecounty.org Helpline with answers to questions about mental health diagnosis, treatment and area resources. Website includes information about support groups, family-led classes, and other resources related to mental health recovery.

Support for domestic violence, sexual assault and human trafficking call:

- **Friend to Friend (910) 947-3333** Services include Serenity House, woman and children's shelter, pet shelter, counseling services, court advocacy and more.
- **NC Project No Rest** (Human Trafficking Prevention Resources & Training) www.projectnocest.org
- **National Human Trafficking Hotline** 1-888-373-7888

For dealing with an individual who is having a mental health crisis call:

- **First Health Moore Regional Hospital (910) 715-1000** Ask for the behavioral health assessment team or For individuals seeking counseling or a psychiatrist call:
First Health Behavioral Outpatient Clinic (910) 715-3370

For resources for homeless people (a condition that often comes from mental health issues) visit

- www.lindenlodgenc.org and click on the homeless shelter links
- Family Promise of Moore Co. www.familypromiseofmoorecounty.org For Women/ children