

## Contact Us

To contact a member of our Compassion Team, please call the church office (717) 392-5718. The office will have information on available members.

If you need immediate help, dial (717-392-5718 ext. 8201) to be directed to the pastor on call.

For Information on local resources call Mental Health America at (717) 397-7461

**Life-threatening emergencies dial 9-8-8 for the National Suicide Prevention Lifeline.**



All information provided in this pamphlet was taken from the National Institutes of Health. [www.nimh.nih.gov](http://www.nimh.nih.gov)



## CRISIS HOTLINES

IF YOU OR SOMEONE YOU KNOW IS IN CRISIS AND NEEDS IMMEDIATE HELP, CONTACT THE FOLLOWING ORGANIZATIONS:

- ☎ National Suicide Prevention Lifeline, [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org), 800-273-8255 or 988
- ☎ Those who are deaf or hard of hearing can contact the National Suicide Prevention Lifeline via TTY at 800-799-4889
- ☎ Lancaster County Crisis Intervention, 717-394-2631
- ☎ LGBTQ+ specific resources: [thetrevorproject.org/get-help](http://thetrevorproject.org/get-help)



**CHURCH OF THE APOSTLES UCC**

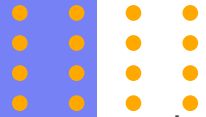


# YOU ARE NOT ALONE

COMPASSION TEAM

[WWW.APOSTLESUCC.ORG](http://WWW.APOSTLESUCC.ORG)

# Are you feeling:



- > Isolated?
- > Stressed?
- > Depressed?
- > Hopeless?
- > Anxious?
- > Aggressive?

## You are not alone!



Approximately 9.5% of American adults over the age of 18 will suffer from a depressive illness (depression, bipolar disorder or dysthymia).

Additionally upwards of 30% of American adults will experience an anxiety disorder at some point in their life.

Church of the Apostles' Compassion Team aims to make God's love visible and present. We have people available to talk to, meet with, and pray with on a regular basis.

Our Caring Corner has books for loan on a wide variety of topics including handling grief, reducing stress, meditation, and more.

Other resources for mental health information include:

-  National Institutes of Health, [www.nimh.nih.gov](http://www.nimh.nih.gov)
-  Anxiety Disorders Association of America, [adaa.org](http://adaa.org)
-  Depression & Bipolar Support Alliance, [www.dbsalliance.org](http://www.dbsalliance.org)
-  World Health Organization (WHO), [www.who.int](http://www.who.int)

## Tips for Better Mental Health

If you have feelings of anxiety, depression, stress, PTSD, etc. Try these tips below for better mental health.

- Talk to someone you trust
- Look after your physical health
- Do activities you enjoy
- Avoid drugs & alcohol
- Focus for two minutes on the world around you
- Always seek professional help if you can.

