



THE JOURNEY

REAL CHURCH FOR REAL PEOPLE

Mental Health Resources and More...

- [Managing Anxiety and Stress](#)
- [Counseling](#)
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MANAGING ANXIETY AND STRESS

If you are experiencing high levels of anxiety during stressful times, that is normal. Your body sends you information to alert you whenever it senses a threat. Know that you are processing your anxiety in healthy ways when you're able to stay relaxed and make rational decisions without feeling overwhelmed or withdrawing.

Anxiety can push us to take care of ourselves, but too much anxiety can become problematic. Below are some resources to help you manage your anxiety and stress levels. We've also included some information about how to determine when it might be time to ask a pastor or counselor for help.

SIX HEALTHY TIPS TO HELP YOU COPE WITH ANXIETY AND STRESS

Create a routine. Wake up and go to bed at the same time every day. If you're working from home, establish a start time and an end time. This can help create a sense of normalcy and predictability.

Stay connected to others. Use technology to stay connected to friends, family, and co-workers by calling, texting, emailing, and videoing with one another. Connect with people who will be present, compassionate, and good listeners. Meet with people in person as much as possible.

Stay connected to your community. Actively seek ways to get or stay plugged in. Watch church services online or attend in person. Join a J-group and attend. Volunteer your time to help your community. The Journey and other churches always have opportunities for you to help!

Take care of your body. Do things that help you feel better and relieve stress. Eat healthy foods, get plenty of rest, practice stretching and breathing exercises, and move your body daily (e.g., yoga, walking, dancing).

Access reliable media resources in small doses. Stay informed, but limit the amount of time you check the news to once or twice a day to prevent yourself from feeling overwhelmed. Read and watch media that is uplifting and empowering.

Limit potentially addictive behaviors. Distracting yourself and finding ways to seek relief from what's going on around you is normal. However, pay attention to how much time you're spending on television and social media. Limit your caffeine and alcohol intake.

WHEN IS IT TIME TO ASK FOR HELP?

Often we are able to navigate life's challenges by ourselves or with help from family and friends. However, there are times when we need to get help from a doctor or counselor. Here are a few indicators that it might be time to seek professional help:

- Struggle is preventing you from functioning in a healthy way or is significantly impacting your quality of life.
- It's difficult to resolve an issue through your own ways of coping.

- Your current coping mechanisms (use of alcohol, drugs, shopping, etc.) are becoming potentially destructive.
- You are overwhelmed to the point where negative emotions are dominating the way you feel.
- You are feeling hopeless and/or losing interest in things that used to bring you joy.
- Negative thoughts are preventing you from thinking clearly and making healthy decisions.
- You're experiencing heightened social conflict or a desire for increased social withdrawal that is difficult to control.

Thoughts of self-harm or the desire to harm others require immediate attention, including telling family and friends that care about you and contacting a suicide prevention center and/or other resources listed below.

National Suicide Prevention Hotline 1-800-273-8255

Or Dial 911

COUNSELING

We've created a list of counseling resources for you here. Many of these counselors are able to meet with you virtually. If you don't know where to begin, you can look for a mental health professional that fits your needs via the links provided below, and/or talk to your Primary Care Physician about your concerns and/or recommendations for help. A Pastoral Care Leader can also help you connect with resources.

- **Safe Harbor**

<https://www.safeharbor1.com/>

1-800-305-2089

- **Renewed Life Christian Counseling Center**

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

302-464-0515

For those with existing emotional health conditions: Please be aware of your symptoms and keep in touch with your mental health professionals to stay on track.

RESOURCES BY TOPIC:

Anxiety

- [5 Ways to Manage COVID-19 Anxiety](#)
- [Breaking Free From Anxiety](#)
- [Anxiety and Depression Association of America](#)
- For referral to community-based resources for those who are struggling with anxiety or overwhelming emotions due to COVID-19: **call the COVID-19 Support & Referral Helpline: 855-284-2494**

Behavioral Health Online Screening and Resources

[HealthyMinds.org](#)

Free, 24/7 online behavioral health screening and tools for emotional wellbeing.

[SAMHSA](#)

Phone: 855-507-9276

To speak with a Certified Peer Specialist about a non-emergency situation: Call the Philadelphia Warm-line between 4 and 7 p.m. Monday through Friday.

[NAMI - National Alliance on Mental Illness](#)

Phone: 267-687-4381 (Select Option 1)

To speak with the Philadelphia Warm-line of the National Alliance on Mental Illness about a non-emergency situation.

Depression

- [How to Tell If You're Depressed](#)
- [Daily Habits to Prevent Depression During Stressful Times](#)
- [The Depression Test and Bipolar Test](#)
- [Depression Questionnaire from Anxiety and Depression Association of America](#)

Domestic Violence Hotline

- [National Domestic Violence Hotline](#) or **1-800-799-7233**
- [Domestic Violence Services](#) or **302-762-6110**

Kids and Parenting

- [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)
- [My Family's New Normal Is Anything But Normal](#)
- [A Survival Guide for Parenting Through the Global Pandemic](#)
- [Postpartum Support International](#) For help for mothers with new babies - **Phone: 1-800-944-4773**

Self-Care

- [A Survival Guide to Self-Care: How to Thrive During Uncertainty](#)
- [Self-Care in the Time of Coronavirus](#)
- [3 Simple Ways To Make Sure You Don't Break In The Crisis.](#)
- [The Gift Of Loneliness](#)

Stress and Healthy Coping

- [How to Be Okay in Stressful Times](#)
- [Managing Stress](#)
- [Stress and Coping](#)
- [10 Commandments for Emotional Health](#)

Suicide Prevention

- [Suicide Prevention Hotline](#) or **1-800-273-8255**
- [Crisis Text Line](#) or Text **“HOME”** to **741741**
- [The Crisis Hotline-Call 24/7](#) or **215-685-6440**

Relationship Difficulty — Stress on Relationships

- [Choose Love in Difficult Times](#)
- [4 Ways to Not Be a Coronavirus Divorce Statistic](#)
- [When Life Is Difficult-Do The Next Right Thing](#)

Emergency Housing Resources in Journey City

- **Friendship House:** <https://www.friendshiphousede.org/>
 - (302) 731-5338
 - Newark Location: 69 E Main St, Newark, DE 19711
- **Sunday Breakfast Mission:** info@sundaybreakfastmission.org
 - (302) 652-8314
- **1-833-Findbed**

Scriptures for Encouragement

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13 (NIV)

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

2 Corinthians 12:9 (ESV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8 (NIV)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Romans 12:2 (NIV)

Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Isaiah 40:30–31 (ESV)

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Romans 8:26–27 (ESV)

I love you, LORD; you are my strength. The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the strength of my salvation, and my stronghold.

Psalms 18:1-2 (NLT)

My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.

Psalms 73:26 (NLT)

He gives strength to the weary and increases the power of the weak.

Isaiah 40:29 (NIV)