

Feeling Overwhelmed during COVID-19

As our world continues to experience loss and unknowns around COVID-19, we can find ourselves struggling or regressing in our emotional and mental well-being. If you are feeling overwhelmed and struggling, remember to be compassionate to yourself and others. This is tough, and we are in this together to support one another and point to Christ, our ultimate hope. For care or counseling during this season, consider any of the steps below.

- Seek out a licensed counselor to help process emotions and thoughts. Many use telehealth for online sessions during COVID-19. [Fill out this form](#) if you are local and don't know where to start.
- Use the [Crisis Text Line](#) to connect with a crisis counselor by texting **HOME** to **741741**.
- Consider seeing a psychiatrist for medication management if your emotions feel out of control, daily functioning is decreasing, or past forms of care don't seem to help. [Reach out to our Care team](#) if you need a referral.
- God loves you made you in His image. We love you and want you here. Please call the [National Suicide Prevention Lifeline](#) at **1-800-273-8255** if you feel you are going to hurt yourself.
- If you feel like you are going to hurt yourself or someone else, please call 911.
- [Contact our Care team](#) if you have any other care or counseling questions during this difficult time.