



COVID-19 EMOTIONAL SUPPORT RESOURCE GUIDE

The COVID-19 pandemic and its impact on our lives has been stressful for many people. It is natural to feel stress, anxiety, grief, and worry during an unprecedented time like this. Here are some spiritual care and mental health resources that may help you. Please reach out if you are feeling overwhelmed. You don't have to walk through this alone.

WE ARE HERE TO PRAY WITH YOU

Jesus said, *"When two of you get together on anything at all on earth and make a prayer of it, my Father in heaven goes into action. And when two or three of you are together because of me, you can be sure that I'll be there."* (Matt. 18:19-20 MSG).

- Christ Church **Sunday morning prayer line** — 8:45 AM - 12 PM Sundays
 - Call 262-243-3093 and press 7 and a Prayer Partner will be available to pray with you.
- For prayer at other times, email care@christchurchmequon.org or call 262-243-3093 and press 3 to leave a message and someone will call you back to pray with you.
- Fill out a prayer request [online](#).
- K-LOVE¹ Prayer Line — 6:30 AM - 12:30 AM every day
 - 1-800-525-5683, press 1 to pray with a K-LOVE care team member.

WE CARE ABOUT YOU

"God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others." (2 Corinthians 1:3b-4a).

- Our Care Team offers Christ-centered care to walk with you during times of struggle or need. To reach us:
 - Fill out a care request [online](#).
 - Email care@christchurchmequon.org.
 - Call 262-243-3093, option 3 and someone from the Care Team will be in touch with you.
- If you are in a life threatening situation **dial 911** for immediate help

¹ K-LOVE is a Christian radio station that airs on 105.3 FM in South Eastern WI.

MENTAL HEALTH RESOURCES

"[The Lord who created you said]... 'Do not be afraid, for I have redeemed you. I have called you by name; you are mine. When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown... because you are precious to me. You are honored, and I love you.'" (Isaiah 43:1-2a,4b"

- [Strategies for Coping with the Stress of Covid](#) — blog post by Dr. Lee Hildebrand
- Christian Counseling
 - [Dr. Lee Hildebrand](#) — 414-235-0431
 - Phone or video therapy available
 - Taking new clients
 - Free phone consultation
 - [New Life Resources](#) — 262-782-1474
 - Tele-therapy for new and existing clients
 - Most insurances are covering these essential services
- [National Suicide Prevention Lifeline](#) — 1-800-273-TALK (8255)
 - If you're having suicidal thoughts and are not in immediate danger
 - They're available 24 hours / 7 day per week
- If you are suicidal, dial 911 or go to nearest Hospital emergency room now. **Your life has value, even if you cannot see that now.**
- If a loved one poses a danger to themselves or others, seek immediate assistance and dial 911. Ask if a person with Crisis Intervention Team (CIT) training is available.
- [Disaster Distress Helpline](#) — Call 1-800-985-5990 to text TalkWithUs to 66746 to connect with a trained crisis counselor.
 - They're available 24 hours / 7 day per week
 - Providing immediate crisis counseling for people who are experiencing emotional distress (this includes COVID-19).
- [Advocates of Ozaukee](#) — For those experiencing domestic or sexual abuse
 - 24-hour crisis hotline: 262-284-6902
 - 24-hour shelter intake — remains open and safe during this time
- [GriefShare](#) — Weekly online meeting for grief support through July 8, 2020 at [Portview Church](#): online registration is preferred, or call 262-284-6121.

ENGAGE IN BREATH PRAYER

“Give all your worries and cares to God, for he cares about you” (1 Peter 5:7).

Breath Prayer is a form of an ancient spiritual practice that can help us experience God in a restorative way. It combines the anxiety-reducing activities of deep breathing and prayer. This can be a quick way to center ourselves, connect with God, and find respite in the midst of any moment. You can use any short prayer or Bible verse that is calming and centering for you. You can practice breath prayer anytime or anywhere. You can pray once or pray over and over. Just breath in as you pray. Then breath out as you pray. Some examples...

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Breathe in and pray: I love you, Jesus
Breathe out and pray: Thank you for loving me

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Breathe in: Thank you, Jesus
Breathe out: I have all that I need

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Breathe in: Lord, you are my light and my salvation
Breathe out: I don't need to be afraid

Breathe in: Lord, you protect me from danger
Breathe out: I don't need to be afraid

(Psalm 27:1)

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Breathe in: Lord, you are my Shepherd
Breathe out: I have all that I need

Breathe in: God, You are close beside me
Breathe out: I don't need to be afraid

Breathe in: Thank you, God
Breathe out: You protect and comfort me

Breathe in: Thank you, God
Breathe out: Your love pursues me always

(Psalm 23)

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Breath in: I am afraid, God
Breath out: Help me put my trust in You

(Psalm 56:3)

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Breathe in: Jesus, I am weary
Breathe out: Help me find some rest
(Matthew 11:28)

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Breathe in: Jesus, you are the light of the world
Breathe out: Bring me out of my darkness
(John 12:46)

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Breathe in: Thank you, Jesus
Breathe out: Nothing can separate me from your love
(Romans 8:38)

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