

# Local Mental Health Resources

**Crisis Text Line** Text "GO" or "HELP" to 741741

**Suicide Hotline** 1-800-SUICIDE

**San Joaquin County Crisis Clinic** 209-468-8686

**Stanislaus County Crisis Warmline** 209-558-4600

**Online Christian Therapy** faithfulcounseling.com

**Community Support** 18percent.org

**National Alliance on Mental Illness** 209-558-4555 (San Joaquin County)

**National Alliance on Mental Illness** 209-368-1469 (Stanislaus County)

**Loving Someone With Bipolar Disorder** by Julie Fast

**Troubled Minds** by Amy Simpson

## Managing Anxiety Workshop

Led by Christin Montoya, Program Director at Crisis Stabilization Unit in Ceres

**Saturday September 15, 2018**

**At Crossroads in Room 208 • 3pm-4pm**

Free Workshop Including Childcare



**Welcome to Crossroads.** We design our services to speak to skeptics, newcomers, theologians, and you—we're glad you're here.

**CROSSROADS**  
GRACE  
209.239.5566

### It Starts Here

Need prayer? New to Jesus? Meet by the cross, to the right of the stage, and a team member will assist you.

### New to Crossroads?

Text IMNEW to 797979 to get connected and a free coffee upstairs at Nightingale.

### Main Services

Thursdays: 7:00PM  
Sundays: 8:30AM, 10:00AM, & 11:30AM

### Kidz City (Newborn-4th grade)

Thursdays: 7:00PM, Sundays: 8:30AM, 10:00AM, & 11:30AM Where: Lobby Check-In

### Route 56 (5th-6th grade)

Thursdays: 7:00PM, Sundays: 10:00AM & 11:30AM Where: Upstairs, Room 205

### Crossroads Student Ministries

#### Jr. High (7th-8th grade)

Sundays: 10:00AM, 11:30AM, Thursdays: 7:00PM  
Where: Upstairs, Room 208

#### High School (9th-12th grade)

Sundays: 7:00PM  
Where: Upstairs, Room 208

### Special Needs Ministry

Sundays: 11:30AM Only Where: Room 113

### Celebrate Recovery

Wednesdays: 6:30PM Where: Worship Center

### Communion

Gluten free communion elements available at the sound board.

### Crossroads Prayer Hotline

Call 209.624.0080

### Crossroads Church App

Stay connected. Download the app at [crossroadsgrace.org/app](http://crossroadsgrace.org/app)

### Looking to Serve?

Do you enjoy meeting new people and helping guests feel welcome? Serve on the First Impressions Team as an usher or a greeter for one service each week. For more information, contact Pastor Rick at [rick@crossroadsgrace.org](mailto:rick@crossroadsgrace.org)

### Celebrate Recovery

Freedom from your hurts, habits, and hang-ups. Join us on Wednesdays at 6:30pm. For more info, visit: [crossroadsgrace.org/celebraterecovery](http://crossroadsgrace.org/celebraterecovery)

### Grief Share

It hurts to lose someone. Find help through a Grief Share group. New session begins Sept. 5, 6:30pm in room 108. For more info contact Debbi Morhman at **209.505.5621**

### Rooted

Save the Date! Join our entire church as we connect deeper with God, each other and our mission. Rooted Groups begin September 9th! Find out more at [crossroadsgrace.org/rooted](http://crossroadsgrace.org/rooted)

### 2018 Finances

General Fund Budget (thru 8/26)-\$1,491,410  
General Fund Giving (thru 8/26)-\$1,556,170

### God's Heart for the World (Missions)

Budget (thru 8/26)-\$57,440  
Giving (thru 8/26)-\$71,235

For more info, go to [crossroadsgrace.org](http://crossroadsgrace.org)

# BLIND SPOTS

Week 1: Mental Illness

**NOTES:**

# Say This Not That

*Each Mind Matters: California's Mental Health Movement encourages everyone to check in with loved ones on their mental health. Talking openly and honestly about mental health lets those we care about know that we support them.*

*The following phrases can be used to create meaningful conversation with someone experiencing a mental health challenge. Before starting a conversation with someone you are concerned about be sure to have resources on hand, including local county mental health department numbers and suicide crisis resources.*

Say This	Not That
I'm deeply concerned about you and I want you to know that help is available to get you through this.	Cheer up; I'm sure it will pass.
Comments such as "it will pass" can make a person feel worse. Let the person know you care. Letting them know that you take their situation seriously, and you are genuinely concerned about them, will go a long way in your effort to support them.	
I am someone who cares and wants to listen. What do you want me to know about how you are feeling?	Stop feeling sorry for yourself.
It's important to learn to separate the disorder from the person you love. Comments like this blame the individual for their feelings.	
It seems like you are going through a difficult time. I want you to know you're not alone in this.	There's always someone worse off than you are.
Ensure that your loved ones feel supported. A negative comment like this can make the person feel as though their feelings are insignificant.	
I can't really understand what you are feeling, but I can offer my compassion and find you help.	Believe me, I know how you feel. I was depressed once for several days.
Avoid saying you know how they feel as it invalidates their experience.	
I'm concerned about your safety. Have you thought about suicide?	You're not thinking about killing yourself are you? (said in a joking manner)
Ask directly about suicide. Talking about suicide does not put the idea in someone's head and usually they are relieved. Asking directly and using the word "suicide" establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk about suicide.	
I care about you too much to keep a secret like this. You need help and I am here to help you get it.	Don't worry, I won't tell anyone. Your secret is safe with me.
Don't promise secrecy. The person may say that they don't want you to tell anyone that they are suicidal. You may be concerned that they will be upset with you, but when someone's life is at risk, it is more important to ensure their safety.	

Sources:  
<http://www.mentalhealth.gov/talk/friends-family-members/index.html>  
[SuicidelsPreventable.org](http://SuicidelsPreventable.org)

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

