



CROSSING PATHS

Perspectives Christian Counseling Centers

Fall 2019

FALL PASTORAL OPEN HOUSE

THURSDAY, OCTOBER 24, 2019, 9:00AM—12:00PM

SUICIDE IN THE CHURCH:

Helping the Suicidal Christian Find Healing

Seminar Objectives include:

- ◆ Identifying the Risk Factors for Suicide
- ◆ Distinguishing Vulnerable Populations
- ◆ Implementing Prevention Strategies
 - ◆ Recognizing Signs of Suicide
- ◆ Developing Intervention Protocols

Keynote Speaker:

LaTanya Carter, PhD, LP

Director of Pastoral Care Services

Free Seminar for Pastors and Pastoral Staff!
Complimentary Breakfast Provided!

SAVE THE DATE

**FALL
PASTORAL
OPEN HOUSE**

**Thursday
October 24, 2019
9:00am—12:00pm**

***Perspectives
Counseling Centers
888 W. Big Beaver
Suite 1450, Troy, MI
48084***

SPACE IS LIMITED!

**Call today to
reserve your seat!
248-244-8644**

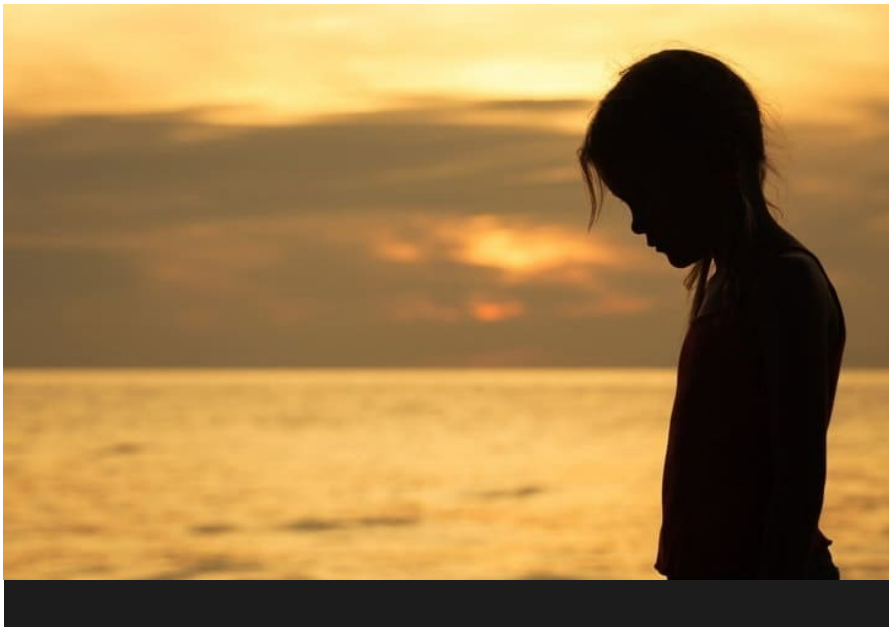


Visit our website: perspectivesoftroy.com/pastoral-care-education

Did You Know?

- Suicide is the 10th leading cause of death in the US.
- Suicide is the 2nd leading cause of death for 10-24 year olds.

Source: Center for Disease Control and Prevention (2016; www.cdc.org)



STOPPING THE PAIN: HOPE AND HEALING THROUGH CHRIST

Suicide is one of the most taboo topics in our culture. We fear it. Those who are suicidal fear what it means to be in such a dark place in their lives that they can find no compelling reason to live anymore. Those around them fear that *talking about suicide will make them more likely to attempt suicide* (which is a myth, by the way). In an unfortunate turn of events, in not talking about suicide we deny those who are suicidal the very things that may actually save their lives – support, hope, and love.

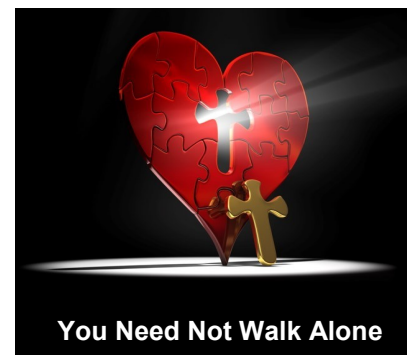
Christians are not immune to suicidal thoughts.

In the church, this stigma is intensified. *Christians can't be suicidal* (another myth). To be suicidal means feeling as if you have reached a point so low in life that death appears to be the only escape. It is the complete absence of hope. Christianity is at the other end of the spectrum. At its core is the ultimate source of hope through Jesus. Jesus proclaims boldly, "I am the way, and the truth, and the Life" (John 14:6) and "I am the light of the world" (John 8:12). Christianity, therefore, encompasses light and life in its purest form. For Christians struggling with suicidal ideation, however, knowing that their faith "should" heal them could cause them more shame and guilt for having those negative, suicidal thoughts. In the end, the person may pull away from the church rather than run toward it. (Article continued on the next page).

Register for the Fall Pastoral Open House
Reserve your seat today: 248-244-8644

Quick Resources on Suicide and Its Prevention

- ◆ Visit the American Association of Christian Counselors website for articles, educational materials, and events: www.aacc.net.
- ◆ American Foundation for Suicide Prevention offers information on suicide statistics, policy reform efforts, local events, and prevention research: www.afsp.org.
- ◆ Call the National Suicide Prevention Lifeline or visit their website for help 24/7 in finding crisis centers for the suicidal person and informational resources for your congregation: **1-800-273-8255** suicidepreventionlifeline.org.
- ◆ Visit the Perspectives Counseling Centers website for blogs on various mental health problems and call our office to schedule a speaker for your next emotional wellness event or to refer a member for therapeutic services at one of our six locations: perspectivesoftroy.com **248-244-8644**.



Survivors Day: Nov. 23, 2019

Although we try to prevent suicide as often as possible, times arise when someone successfully completes suicide, to the devastation of his/her loved ones. As a way to support those survivors of loved ones who committed suicide, Congress implemented Survivors Day—a day where these survivors can join together to receive support and encouragement. The day traditionally falls on the Saturday before Thanksgiving, because the holidays are typically challenging for those in bereavement. This year that is November 23rd.

If you want to support the healing of those in your congregations recovering from a loved one's suicide, consider having an emotional wellness event on November 23rd. Christian therapists at Perspectives are available to come to your church to speak or hold process groups to facilitate healing and instill hope.

CALL TODAY:
248-244-8644



STOPPING THE PAIN (CONTINUED)

Pastors play an important role in providing hope.

When encountered with the challenge of a suicidal person, preservation of life is of utmost importance. Pastors and pastoral staff must realize it is essential for suicidal individuals to receive proper mental health care, which may save their lives. Once they are no longer actively suicidal and have worked with a mental health professional to stabilize their emotions, then pastoral counseling can be highly effective for restoring hope and facilitating healing. The Gospel message can heal even the deepest wounds and give hope back to those who once felt as if hope had left them for good.

If you are unsure how to identify the signs of suicidal ideation or want more information on how to help those who are struggling with this issue, register to attend *Suicide in the Church: Helping the Suicidal Christian Find Healing*. This free seminar will provide practical steps for pastors and pastoral staff for identifying suicidal risk and intervening to save a life. It is not a seminar you can afford to miss!

Seating is limited. Call today to reserve your seat!



Perspectives is Now Open in 6 Convenient Locations!

Troy

888 W. Big Beaver, Ste 1450
Troy, MI 48084
248-244-8644

Novi

23965 Novi Rd, Ste 130
Novi, MI 48375
248-946-4664

Sterling Heights

4151 17 Mile Rd, Ste D
Sterling Heights, MI 48310
586-268-6712

Plymouth

705 S. Main St
Plymouth, MI 48170
248-688-9071

Clarkston

3694 Clarkston Rd
Village of Clarkston, MI 48348
248-688-9021

Detroit—NEW LOCATION!

20801 Moross Road
Detroit, MI 48236
313-343-9000

Need an out-of-state referral for mental health services?

Try one of our sister companies from the *Refresh Mental Health Community*. With 18 agencies nationwide, many of which offer Christian counseling, you can confidently refer your members for treatment and trust they will receive quality care.



833-7-REFRESH
refreshmh.com

Visit our website: perspectivesoftroy.com/pastoral-care-education

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Troy, MI 48084

PLACE
STAMP
HERE