

TEN WAYS TO SEEK HELP

BY
BRAD FAIRCHILD, LPC
Radio 04/14/09

- Introduction

1. Jesus Christ
 - Hebrews 13:5b – “I will never leave you, nor will I ever forsake you.”
 - Joshua 1:9b – “Be strong and courageous! Do not tremble or be dismayed, for the Lord your God is with you wherever you go.”
2. Family
 - Talk to your family, let them know you are struggling and ask them to pray for you. Make sure it is someone you can trust with your heart.
3. Friends
 - Share with a trustworthy Christian friend. Ask for prayer, encouragement and accountability.
4. Pastor
 - Speak with your pastor. Ask for prayer, scriptures and resources.
5. Support Group
 - Many churches have support groups for a variety of topics. Join one that you can relate to.
6. Christian counselor or coach
 - Seek help from a professional. Call us and we can give you a referral. In the Dallas area the Minirth Clinic has several services.
7. Psychiatrist
 - See a psychiatrist. They can evaluate your need for medication.
8. Intensive outpatient program
 - UBH in Denton, TX has the Minirth Christian Program.

9. Partial hospitalization program
 - Also at UBH in Denton, TX.
 - The Minirth Christian Program (Monday thru Friday from 9am-2pm)
 10. Inpatient hospitalization
 - The Minirth Christian Program at UBH in Denton.
- Conclusion
 - When you need help don't hesitate to seek it. Cry out to God first. Push past the stigma of seeking professional help. Don't let your pride stop you from getting the help you need.
 - Bible verse
 - Hebrews 2:13 – "I will put my trust in Him."