

WHEN TROUBLE COMES

by

Brad Fairchild, LPC

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- Introduction
- How do you respond when trouble comes?
 - Do you run?
 - Do you fight?
 - Do you blame?
 - Do you get fearful?
 - Drink alcohol or abuse drugs?
 - Act out sexually?
 - Immerse yourself in busyness?
 - Do you get angry?
 - Do you get depressed?
 - Do you become anxious?
 - Do you respond in a healthy manner?
- What types of stressors do you encounter?
 - Job loss
 - Financial hardships
 - Marital conflict
 - Parent/child conflict
 - Illness of yourself or a loved one
 - Past issues of abuse/neglect
- Have the stressors in your life contributed to bipolar disorder or a psychotic disorder?
 - Symptoms of depression, bipolar disorder, anxiety and psychotic disorders.
- How do we deal with these stressors?

- Go to God. Find encouraging scriptures.
 - Psalms 141:1-2
 - Psalms 25:1-5
 - Psalms 26:2
 - I Corinthians 1:3-6
- Support system – reach out to family, friends, and clergy for support.
 - Find a safe person in your immediate or extended family and share your pain. Ask for their support.
 - Spend time with close friends and share with them.
 - Often people seek support and prayer from clergy. This is an age-old strategy that can be encouraging and helpful.
- Explore the medical
 - Go to your primary care physician and get a physical including blood work.
 - There are many illnesses that contribute to our mental health symptoms.
 - Talk to a psychiatrist. Medication is an integral part of the treatment of mental illness.
- When trouble comes in the life of those you love
 - Call, listen, offer hope
 - Offer specific helps
 - Give specific phone numbers – resources
 - Go with them to see the doctor or therapist
 - Do a specific chore for them
 - Talk with them repeatedly as long as they are in trouble
 - Be with them – do not let them hurt themselves

- Seek professional help for yourself or a family member
 - Counseling
 - Dr. Minirth's Christian programs
 - Residential treatment in Arkansas
 - Inpatient hospitalization at UBH Denton or UBH El Paso Texas.

Conclusion

Resources

- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso Texas
1-888-789-HOPE (4673)
- For all radio program outlines go to
www.mcphope.com
- Minirth Clinic – for outpatient care and retreats
972-669-1733 or 1-888-MINIRTH (646-4784)
www.minirthclinic.com
- Celebrate Recovery – local Churches
www.celebraterecovery.com
- AACC – American Association of Christian Counselors
www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Hearts of Love International Ministry
www.hearts-of-love-international-ministry.org