



INDIANA: Suicide Prevention at Church: “It’s OK to Have a Therapist and Jesus, Too”

September 13, 2019

News Type: Weekly Spark, Weekly Spark News

[Indianapolis Recorder](#) [1]

A faith-based program in Indianapolis is offering a safe space for people affected by suicide and mental health issues. Located at the Scott United Methodist Church, the Project WINGS Mental Health and Wellness Ministry runs support groups for youth and suicide loss survivors. Participants learn about stress reduction techniques, such as journaling and meditation. The program also encourages participants to seek help from a mental health professional in addition to relying on support from their faith community.

Spark Extra! Check out [Suicide Prevention Competencies for Faith Leaders](#) [2].

Links within this resource

[1] http://www.indianapolisrecorder.com/religion/article_64261c26-bf5b-11e9-a8bd-3b932bf7a0c7.html

[2] <https://theactionalliance.org/faith-hope-life/resource/suicide-prevention-competencies-faith-leaders-supporting-life-during-and-after-suicidal>

Printed on 05/26/2020 from <http://www.sprc.org/news/indiana-suicide-prevention-church-%E2%80%9CIt%20%99s-ok-have-therapist-jesus-too%E2%80%9D>

The Suicide Prevention Resource Center at EDC is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 5U79SM062297.

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