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

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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

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