

HOPE

— A M I D S T —

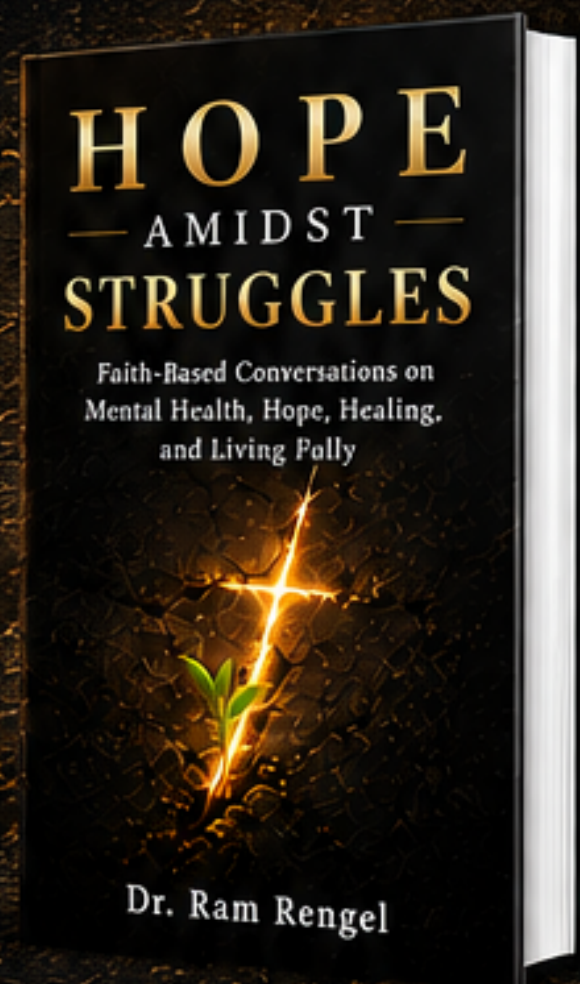
STRUGGLES

*Faith-Based Conversations on
Mental Health, Hope, Healing,
and Living Fully*

SCAN TO LEARN MORE
ABOUT THE BOOK



Purchase the book,
explore resources,
and more.



YOU ARE NOT ALONE. THERE IS HOPE.



FOR YOU, IF YOU'RE STRUGGLING

- ✓ Your feelings are real. God sees you.
- ✓ You are not weak for struggling.
- ✓ You are loved more than you know.
- ✓ You don't have to face this alone.
- ✓ Help is available, and it can make a difference.
- ✓ There is hope beyond this season.



*Your story is not over.
Better days can be ahead.*



FOR YOU, IF SOMEONE YOU LOVE IS STRUGGLING

- ♥ Your care can be a lifeline.
- ♥ Listen more. Fix less. Stay present.
- ♥ Validate their feelings. Avoid minimizing their pain.
- ♥ Encourage help. Offer to walk with them.
- ♥ Pray with them. Don't stop believing for them.
- ♥ You don't need all the answers—just a willing heart.



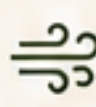
*Your presence matters more
than perfect words.*



HANDLES FOR THE HARD DAYS



PRAY
Honestly



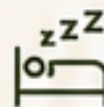
BREATHE
Take it one
moment at a time



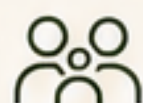
WRITE
Get it out of
your head



MOVE
Gentle movement
changes mood



REST
Your body
needs it



CONNECT
Reach out to
safe people



LIMIT
What drains your
mind and heart



FOCUS
On what's
in front of you



REMEMBER
This season will
not define you



GIVE THANKS
Gratitude shifts
your perspective

IT'S OKAY TO ASK FOR HELP. YOU MATTER.



988 SUICIDE & CRISIS LIFELINE

Call or Text 988 • Chat 988lifeline.org
24/7 free and confidential support
for anyone in distress.



CRISIS TEXT LINE

Text HOME to 741741
Connect with a trained counselor
24/7 via text.



NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

800-950-NAMI (6264) • nami.org
Help, resources, and support for
individuals and families.



SAMHSA NATIONAL HELPLINE

1-800-662-HELP (4357)
Find local treatment and support
in your area.



IF THIS IS AN EMERGENCY

Call 911 or go to the nearest
emergency room.



YOU CAN LOVE JESUS AND STILL NEED HELP.

Faith and help are not enemies.
Jesus can still be present even
when the struggle is still present.



"Cast all your anxiety on Him because He cares for you." — 1 PETER 5:7