

CHRIST CHURCH MENTAL HEALTH MINISTRY

Come all you tired and weary souls

Mental wellbeing is something we all deserve.

[LEARN MORE](#)

A Ministry of Service

All of us experience challenges with mental and emotional health. We care about your physical and emotional wellbeing and are here to help.

If you are having thoughts of suicide or self-harm, call 988 or [click here](#)

[Click here if you are feeling sadness, anxiety, anger, fear, and emptiness.](#)

[If you are a caregiver experiencing burnout or know someone who is struggling with addiction, click here](#)

[Community Resources](#)

[Counselors in your area](#)

[Committee Members](#)

Committee Members

List of all committee members

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Counselors in Your Area



What is an LSW

An LSW is a licensed social worker who graduated with a bachelors degree



What is an MSW

An MSW is a social worker who completed a graduate level degree with a focus on theory, practice, and ethics



What is a PsyD?

PsyD is a doctoral level degree that emphasizes clinical practice and practical work over research and teaching

988 Suicide line

I need help finding a counselor

TIPS FOR CHOOSING THE RIGHT COUNSELOR

WHERE CAN I FIND SUPPORT GROUPS?

SELF-HELP TIPS

Where can I find help?



CALL/TEXT/CHAT 988 IF YOU NEED TO TALK OR [CLICK HERE**](#)**

SELF-HELP TIPS

Feeling...?

HELPLESS/HOPELESS

**EXPERIENCING
BURNOUT**

ANXIOUS

OVERWHELMED

FROZEN

SAD

ANGRY

FEAR

EMPTINESS

CLICK ON A BUTTON ABOVE TO FIND RESOURCES



Tips for working through Depression

Start with small, doable steps - Depression makes even simple tasks feel huge. Small successes help rebuild momentum. Pick tiny goals:



- Take a shower
- Drink a glass a water
- Walk for 3-5 minutes
- Open a window for fresh air.

Notice your self-talk (without judging it) - Depression often brings, harsh, automatic thoughts. You don't have to "fix" them immediately. First just notice:

"I'm having the thought that I'm a burden"
Creating even a little distance reduces their power.

Give your body what it needs - Depression is deeply physical.

Try consistent sleep or at least a calming bedtime routine.

Eat something, even if it's simple.

Light movement (stretching, walking, gentle yoga)

Sunlight or bright light first thing in the morning



Reach out - even briefly - isolation feeds depression. You don't need a big conversation.

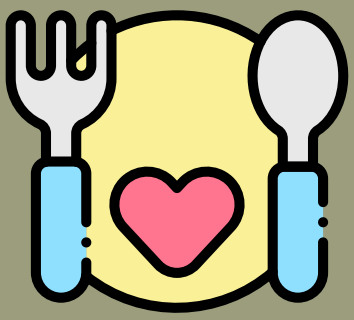
People often want to support you more than you expect.

Send a simple "thinking of you" text

Sit in a shared space with someone

Call a friend and say "I don't have a lot of energy to talk, but I'd like some company."

Create a small structure for your day - Depression can make time feel shapeless. Gentle structure helps:



A short morning routine

A planned meal

One task (even tiny) to do each day

Something nourishing or comforting in the evening

Do activities based on "before, during, after" - Often you don't want to do things, but you may feel better after.

Try choosing activities you know you usually enjoy (music, drawing, games, nature) and give yourself permission to stop after 5 minutes.

Journal or externalize what's going on. Sometimes clarity itself is relief.

Write down - what you are feeling, what triggered it, what you need right now.

Practice self-compassion

Depression is an illness, not a personal failure. Speak to yourself the way you'd speak to a close friend going through a hard time.

Know when you seek professional help

If depression is interfering with daily life, relationships, safety, or you're feeling overwhelmed, a therapist, doctor, or crisis line can make a huge difference. Seeking help is a sign of strength, not weakness.

If you ever feel in danger of harming yourself, please reach out immediately to local emergency services of your country's crisis hotline.

CALL/TEXT/CHAT 988 IF YOU NEED TO TALK

LINK TO ADDITIONAL RESOURCES

LINK TO COUNSELORS IN YOUR AREA

LINK TO COMMUNITY RESOURCES

Tips for Managing Burnout

Remember that feeling burned out is a signal, not a failure. Focus on reducing demands where you can, increase rest, and reconnect with what feels meaningful. Here are some steps to help you get started and remember to reach out for professional help if having any thoughts of self-harm/suicide.

Start with “bare-minimum” care

If your energy is low, minimize self-care to the smallest actions that still support you.

Pick 1-2 non-negotiables (regular meals, medications, consistent bedtimes) and let other tasks be nice to do, but not required.

Use a bare minimum menu: options like a 5-minute walk, a quick shower, or texting one friend, and choose just one on rough days.



Reduce overload and set limits

Burnout is usually a sign of a mismatch between demands and resources

Reduce/defer nonessential work where possible, even small boundary shifts (email hours, grading blocks, fewer extra projects) can reduce strain.

Break big tasks into short clearly defined steps and use micro breaks (30-120 seconds to stand, breathe, stretch) between blocks of focused work)

Regulate your nervous system

Take short, repeated regulation breaks

Try brief mindfulness or breathing (3-5 minutes focusing on the breath, longer exhales, or body scans) once or twice per day.

Incorporate small sensory or movement resets: a walk outside, stretching between meetings, or a hot drink away from screens



Rebuild rest and sleep

Chronic fatigue and poor sleep can greatly increase feelings of burnout.

Protect a consistent sleep-wake window and a calming pre-bed routine (no work email, dimmer lights, quiet activity) as much as possible.

Give yourself “off duty” time after work that is truly non productive-time for low-pressure leisure, connection, or simply doing nothing

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Tips for managing Anxiety

Quick grounding techniques

Name 5 things you can see, 4 things you can touch right now, 3 things you can hear, 2 things you can smell, and 1 thing you can taste

This technique pulls you into the present moment and can stop spiraling thoughts



Diaphragmatic breathing:

Place one hand on your stomach

Inhale slowly through your nose for 4 counts (feel your stomach rise)

Hold for 4 counts

Exhale through your mouth for 6 counts (feel your stomach fall)

Repeat 4-5 times

This breathing technique can activate your rest response

Progressive Muscle Relaxation (2 minutes)

Sit comfortably. Tense and release each muscle group

Start from feet/toes and progress to calves, thighs, hands, arms, shoulders, neck, and face.

Hold tension 5 seconds, and release 10 seconds

This exercise physically releases mental tension.



Long-Term Strategies

Seek a counselor if your anxiety persists and/or interferes with your daily life

Move your body.

Question the thought: “Is this helpful?”

Reach out: Text a friend or say “I’m feeling anxious” aloud - naming it reduces shame.

Schedule worry time -give anxiety 10 minutes later; postpone rumination now.

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Tips for when you feel overwhelmed or frozen

When feeling overwhelmed, pause and break the cycle with simple, immediate steps to regain control. These techniques help shift your focus and create mental space.

Ground Immediately (1-2 Minutes)

5-4-3-2-1 Technique: Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste. This anchors you in the present.



Deep Breathing:

Inhale for 4 counts (through nose), hold 4, exhale 6 (through mouth). Repeat 5x to calm your nervous system.

Offload the Mental Load

Brain Dump: Write everything swirling in your head on paper—no organization needed. Seeing it externalized reduces cognitive overload.

One Thing Rule: Pick only one small task to complete next (e.g., "reply to one email"). Momentum follows completion.



Create Space

Step Away: Walk outside, splash cold water on your face, or stretch for 5 minutes. Physical reset = mental reset.

Say No Temporarily: Give yourself permission to postpone non-urgent tasks. Boundaries protect bandwidth.

Prevent Build-Up

Daily Limits: Cap email/social media checking; batch tasks into 25-minute focused blocks.

Reach Out: Text a trusted colleague/friend: "Feeling swamped—can we talk for 5?" Connection cuts isolation.

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Tips for dealing with anger

When feeling angry, pause before reacting—quick physical and mental resets can prevent escalation and help you regain control.

Immediate Calming Techniques

Deep Breathing: Inhale slowly through your nose for 4 counts, hold for 4, exhale through your mouth for 6. Repeat 5 times to lower heart rate.

Take a Timeout: Step away from the trigger (e.g., leave the room, walk outside) for 5-10 minutes. Distance creates space for perspective.

Count or Distract: Count backward from 100 by 7s, or name objects by color around you. This interrupts the anger spiral.



Release the Energy Safely

Move Your Body: Punch a pillow, squeeze a stress ball, do jumping jacks, or go for a brisk walk. Physical outlets burn off adrenaline.

Progressive Muscle Tension: Tense and release muscle groups (fists, shoulders, jaw) for 5 seconds each. Notice the relaxation afterward.



Reframe and Process

Challenge the Thought: Ask "Is this worth my energy?" or "What's the real issue underneath?" Replace with "I can handle this calmly."

Journal or Verbalize: Write/say what angers you, then what you need. Naming it reduces intensity.

Prevent Build-Up

Practice daily: exercise, sleep well, set boundaries. If anger is frequent or explosive, consider counseling—it's a strength to address it proactively.

You've got this; anger passes.

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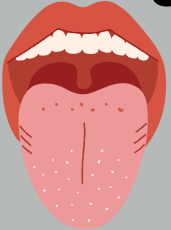
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Tips for dealing with Fear

When feeling fearful, focus on grounding yourself in safety and the present moment—these quick techniques can interrupt the fear response and help you feel more secure.

Immediate Grounding

 **5-4-3-2-1 Technique:** Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste. This shifts focus from fear to your senses.

Deep Breathing: Inhale slowly through your nose for 4 counts, hold 4, exhale through your mouth for 6. Repeat 4-5 times to calm your nervous system.

Physical Reset



Power Pose: Stand tall, hands on hips, chest open for 1-2 minutes (like Wonder Woman/Superman). This boosts confidence hormones and reduces fear signals.

Move Gently: Shake out your arms/legs or walk slowly while noticing your feet on the ground.

Reframe the Fear

Safety Check: Ask yourself: "Am I physically safe right now?" Most fears are future-based worries—reaffirm "I'm okay in this moment."

Small Brave Step: Name one tiny action (e.g., "Open the door just 1 inch") to prove you can handle it.

Build Resilience

Practice daily: Visualize safety, journal fears then counter with evidence of past successes.

Connect: Call/text someone safe—"I'm scared, can we talk?"

Fear is a signal, not a fact. You've faced uncertainty before and come through—these tools make it manageable. If persistent, professional support helps unpack roots.

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Catholic Support Groups:

Walking with Purpose: St Johns Neumann Parish

- **610 E. Delp Rd., Lancaster**
- **Meets: 3rd Mondays, 9:45-11:00AM; 1st Thursdays 6:45-8pm**
- **Contact: Tonianne Bertel - 717-569-8531**

Grief Share: St Philip the Apostle

- **2111 Millersville Pike, Lancaster**
- **Meets: monthly on 3rd Sunday, 2pm**
- **Contact: Peg Neall - 717-606-6593**

Catholics in Recovery: St. Joseph Church

- **440 St. Joseph St., Lancaster**
- **Meets: each Wednesday, 6pm**
- **Contact: Brian B. - 717-693-3706**

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Mental Health Support Groups at Mental Health America

Office: 9am-4pm

Location: 245 Butler Ave, Suite 204 Lancaster

Contact: 717-397-7461, mhalancaster.org

Depression Support Group:

- **Meets each Wednesday, 7-8:30pm**

Anxiety, Panic, and OCD Support Group

- **Meets 1st and 3rd Wednesdays, 7-8:30pm**

Families and Friends of Suicide Loss Support Group

- **Meets 1st and 3rd Mondays, 7-8:30pm**

Mental Health America: @ Church of the Apostles, room 810

- **1850 Marietta Ave**
- **Bipolar Support Group**
- **Meets every Monday, 7-8:30pm**

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Dementia and Caregivers Support Groups (live and online)

Good News Consulting Virtual Support Group for Caregivers

- Virtual Meeting: 3rd Tuesday of every month, 6:30-7:30pm
- Contact Alison Sprankle at asprankle@goodnewsconsulting.com for more details
- Join Zoom meeting: <https://us06web.zoom.us/j/95073137053?pwd=REUrNWJmROVsOVNZUERYUWRodlJZZz09>
- Meeting ID: 950 7313 7053
- Passcode: 790433; Dial by your location +1 646 931 3860 US

Willow Valley Manor North - Caregiver Support Group

- 600 Willow Valley Square, Lancaster, PA
- North Conference Room
- Meetings: 4th Tuesday of every month @ 11am
- Contact Mary Schreiber, Med, CTRS, CDP Memory Resource Coordinator - 717-490-8129 (office) or 717-314-4105 (cell)

Memory Cafe - Support Group for Individuals Living with Dementia

- 2100 Harrisburg Pike, Lancaster, PA
- 3rd floor conference room
- Meetings: 4th Tuesday of every month, 4-5:30pm
- This is a social event for those living with early stages of dementia or living with mild cognitive impairment. Harry Urban leads this event with discussions related to living a positive life with memory loss. This event is open to anyone living with cognitive concerns as well as care partners

Willow Valley Lakes Manor - Memory Cafe

- 300 Willow Valley Lakes Drive, Willow Street, PA
- Lake Multipurpose Room
- Meetings: 2nd Tuesday of each month, 2pm

Early Onset Support Dinner

- Park City Diner
- Contact Connie (717-544-3850) to RSVP no later than 8am Monday Morning
- Meetings: 3rd Monday of each month
- This is a group for those diagnosed with dementia prior to the age of 70. We meet at the Park City Diner and share a meal together as we pay for our own meal. It is a time to meet others living with dementia and care partners.

Aurora Home Care Dementia Support Group for Caregivers

- Virtual Meeting: Link found on Facebook page
- <https://www.facebook.com/auroraathomelancaster>
- Meetings: 3rd Monday of each month, 6-7pm

Support Group for Caregivers and Those Living with Dementia

- Providence Place Senior Living of Lancaster
- 1380 Elm Avenue, Lancaster, PA 17603
- Phone: 717-392-4100
- Guest Speakers will be present to provide education and support.

Memory Cafe Hershey

- May-September - Shank Park, Hummelstown (outside, bring a lawn chair)
- October-April - Masonic Temple, Hershey
- Meetings: 4th Monday of each month, 10am
- Contact: Janell Brandt, Senior Care Advisor/Certified Dementia Practitioner; Office: 717-274-7400; Cell: 717-303-6385; Email: janell.brandt@hcr-manorcare.com
- Website: www.linden-village.com

Etown Support Group for Caregivers

- Elizabethtown Church of the Brethren
- Meetings: 1st Thursday of the month, 9:30-11am
- Contact: reistp@etown.edu; Call: 717-367-1000

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Crisis Intervention

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Contact Info and Walk-in Locations:

- Connections (Dauphin County)
- Full service crisis walk-in, 23 hour observation, can do labs, can refer directly to inpatient
- 717-408-1353
- Walk-in hours: 24/7
- 1100 S. Cameron St. Harrisburg, 17104

Dauphin Crisis

- 717-232-7511

Lancaster Crisis

- 717-394-2631
- Walk-in hours: 8am - 5pm
- 750 Eden Rd, Lancaster, 17601

Lancaster General Hospital Crisis Walk-in

- 717-544-7300
- Walk-in hours: M-F: 11am-8pm; S/S: 9am-2pm
- 555 N. Duke St, Lancaster, 17602

Lebanon Crisis

- 717-274-3363
- Walk-in hours: 8am-8pm
- 209 Hathaway Park, Lebanon, 17042

York Crisis

- 717-851-5320
- Walk-in hours: 8am-8pm
- 1001 S. George St, Suite 100, York, 17401

Outpatient Services through WellSpan Philhaven

- Available Mt. Gretna, Lebanon, Lancaster, and York
- Call: 717-851-1375 or 800-459-7497

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