

Healing & Helping Ministry Update

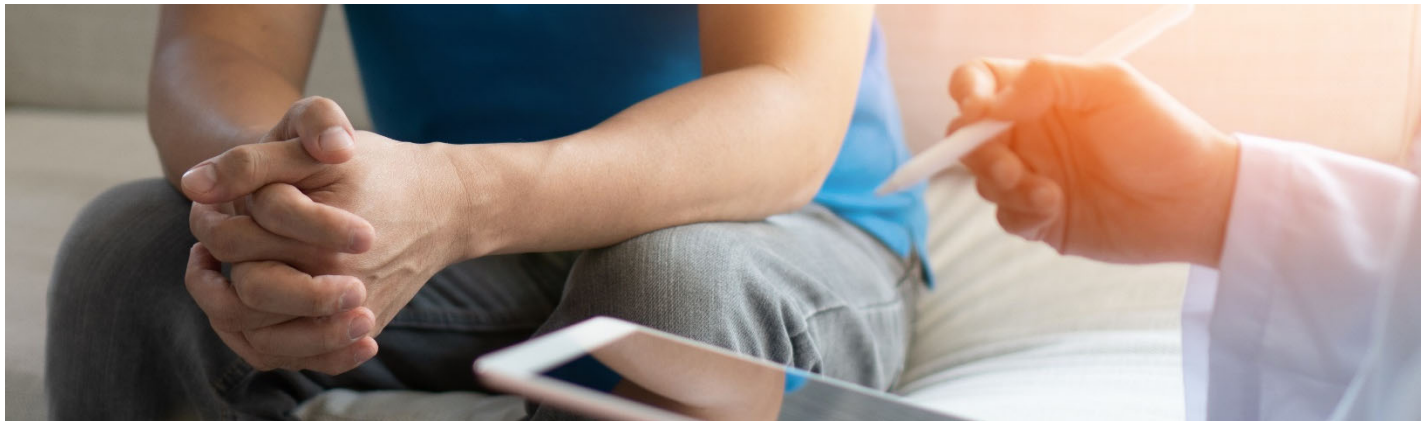
Christ-centered mental health and wellness resources | 2022 Report to WELS District Conventions

The Front Lines of Spiritual and Mental Health

The uncertainty in our society since 2020 has brought about a pandemic of a different sort – one related to spiritual and mental health. **Christian Family Solutions** is a counseling care and services agency with more than 110 mental health counselors and professionals who serve many hurting people. As a WELS parasynodical, we are a trusted source for **excellent mental health care that is integrated with the truth of God's Word.**

We model our mental health care after Jesus' ministry. We offer excellent clinical care that addresses the needs of the body and mind, and we address the spiritual needs of flawed human beings who need to be assured of grace, mercy, and peace from a loving Savior.

When individuals or families face a mental health challenge, pastors and teachers are the front-line resources. Our called workers often need assistance if treatment beyond pastoral care is required. **That's where we come in.** We support congregations and schools as they wrap their arms around their members and students with mental health challenges, as well as the families that are profoundly affected.



Connect with Christian Family Solutions

- During business hours, the CFS staff can talk with you about care options available at CFS, including outpatient counseling, mental wellness and skills groups, and Intensive Outpatient Programs — a higher level of care that provides the necessary intervention when symptoms are escalating.
 - NOTE: The National Suicide Prevention Lifeline is a network of local crisis centers that provides free and confidential emotional support to people in emotional distress 24 hours a day at **800-273-8255**.
- If a congregation is part of our Member Assistance Program, that congregation's members can receive a referral to CFS through the pastor. Visits can be arranged in person or through secure video.
- Visit **ChristianFamilySolutions.org** for information and helpful resources.

Particular challenges for teens

“The challenges today’s generation of young people face are unprecedented and hard to navigate. The effect these challenges have had on their mental health is devastating.”

- December 7, 2021, U.S. Surgeon General advisory report, [“Protecting Youth Mental Health”](#)

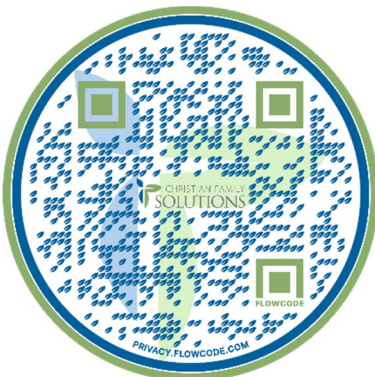
Our teens in particular are presenting with more acute symptoms and need referrals to quality Christian mental health care. Too often, we see that parents wait too long before referring a teen to professional care. **We’ve created programming for our teens that addresses this acute need and is accessible anywhere in Wisconsin and Minnesota.**

ARMOR for Teens is an intensive treatment program offered in person at our Lakeville or Mankato (Minnesota) clinics, our Brookfield (Wisconsin) clinic, or online in both Minnesota and Wisconsin. The online program works well in cooperation with school coursework and activities, or for those who are not near a treatment facility. **To refer students to counseling or to ARMOR for Teens, call 800-438-1772.**



How can we work together toward better spiritual and mental health?

- **REFER people in need to Christian Family Solutions.** CFS provides professional mental health outpatient counseling, school-based counseling, day treatment and intensive outpatient programs through our clinics in 7 states, at partner schools, and through secure telehealth services.
- **PRAY for our ministry as we strive to serve more and more hurting clients.** Your prayers and your referrals will help connect individuals and families to true healing, help, and hope.
- **ASK the Lord to send more workers!** One of our greatest limitations is the availability of Christian mental health care professionals. **If you know a Christian mental health professional who may be interested in working with us,** please contact us or visit www.ChristianFamilySolutions.org/careers.
- **DONATE to support our ministry.** Your gifts help us grow access and remove barriers to care.



Scan and view our 2022 Ministry Overview Video here.

Thank you for your partnership!

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 **CHRISTIAN FAMILY SOLUTIONS**
Counseling Care & Services