

As we continue to pray and navigate our way through these uncharted territories, we hope that you would allow us to support you. This is a time that has created barriers for support and indeed induced isolation, possibly prompting anxiety, stress, fear, depression and unhealthy behavior. Additionally, our coping skills are compromised and perhaps we are not making the best life choices. Your church is a safe and confidential place to reach out and obtain, support, resources, and a compassionate, non-judgmental listening ear. We care about you and we will get through this together. Below is a list of resources that are available, more are available throughout the region. Some include the pastors of Christ Church, 281-980-6888:

- Pastor Temple, ext. 4742 - chappellt@christchurchsl.org
- Pastor Conway, ext. 4776 - dan@christchurchsl.org
- Pastor Hall, ext. 4772 - michelleh@christchursl.org
- Pastor Johnson, ext. 4741 – deandre@christchurchsl.org

On-call Pastor – 281-980-4785

Children and Family:

- **[PODCAST] Helping Kids Navigate Anxiety:** On this episode, Sissy Goff, Director of Child and Adolescent Counseling at Daystar Counseling Ministries in Nashville, Tennessee, shares tools for leaders helping kids process anxiety. <https://bit.ly/2TZx1OR>
- **Managing Fear and Anxiety During a Health Pandemic:** a blog post for parents on managing anxiety during any number of life disruptions: <https://bit.ly/2Q6kJTG>
- **Manejando El Miedo y La Ansiedad Durante Una Pandemia de Salud:** <https://bit.ly/2xwHXvH>
- **Anxiety Conversation Guides:** Helping a child with anxiety is a challenge. Parents can download these age-appropriate resources to find tips and practical ways to help their children.
- Preschool – <https://bit.ly/33eSacg> .
- Elementary – <https://bit.ly/38LkjZs>
- Preschool Spanish- <https://bit.ly/2x0yWe0>
- Elementary Spanish- <https://bit.ly/2IXRyhF>

Stephen Ministry - one-to-one Christian care to individuals in our congregation and community who are experiencing difficulties in their lives) - <https://www.christchurchsl.org/stephen-ministry/>

On-line Prayer Request - <https://www.christchurchsl.org/prayer-care/>

re:MIND – provides free and confidential support groups for individuals living with, or family and friends affected by, depression and bipolar disorders. <https://www.remindsupport.org/> - 713-600-1131
Facebook Live Support Groups - <http://www.facebook.com/remindsupport>

Coronavirus Resources – Behavioral Health

<https://www.fortbendcountytexas.gov/government/departments-a-d/behavioral-health-services/behavioral-health-resources/coronavirus-resources>

The Harris Center's COVID-19 Mental Health Support Line
833-251-7644

Houston Galveston Institute (HGI) –<http://www.talkhgi.org/>

HGI is continuing to provide emotional support and therapy online using video and tele-therapy. Our Fort Bend # is also rolling over to Houston as all our clinicians are available now-- Phone: (832) 471 6538

HGI- call us at 713-526-8390, email admin@talkhgi.org, and our “back up” phone (346) 291-0969.

Fort Bend Women’s Center – 281-342-HELP (4357) www.fbwc.org

Parent Help Line – 1-855-427-2736 www.nationalparenthelpline.org

Phone Support and Online Recovery Meetings

Alcoholics Anonymous – 713-686-6300 www.aahouston.org

Al-Anon – 713-683-7227 www.houstonalanon.org

Overeater’s Anonymous – 713-973-6633 www.oahouston.org