On"First Aid Kit"

Judeochristianclarion.com / safetyzoneforteens.com

If you are hurting, you came to the right place. The "First Aid Kit" is designed to help those who do not know where to turn for help. We also suggest that you listen to our podcasts called "Encouraging Moments" and also our "Sandiegrams." Also contact us and we will begin Praying for you.

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Abortion

Anyone who is honest will tell you that they have had many complications after having an abortion. Those who have had an abortion are more likely to have mental health issues. They live with depression, regrets, grief, anxiety, guilt and shame, suicide thoughts, always wondering what might have been. There is always a little part of you that dies when you abort a baby, and that little part of you never heals, because it can never be replaced, not even with another child. If you are contemplating having an abortion, you must also consider the health risk to you. There have been plenty of things go wrong in an abortion like damage to the womb or cervix, excessive bleeding, incomplete abortion, requiring an additional surgical abortion procedure, infection of the uterus or fallopian tubes, scarring of the inside of the uterus, Sepsis or Septic shock, uterine perforation, and even death. It also causes premature babies which can cause a lower chance for that next child to live to adulthood. Also those that do survive have significant risk of serious disabilities, including cerebral palsy, intellectual impairment, psychological development disorders and autism. Abortions also gives you a better chance of having Breast Cancer. God loves you and He loves the child within you. God wants this child to have the same chance to life that you had. In fact God has a plan for this child. There is no unwanted child with God. God is a God of life, and He wants to give everyone life abundantly. God is our provider and protector to everyone who trusts in Him. Trust God now and believe Him that He has a purpose for you and this child. Talk to your pastor or family or if you want help contact:

Heartbeat International https://www.heartbeatinternational.org

or call 1-800-712-HELP

A lost life is a lost opportunity!

Alcohol Abuse

Many teens find themselves abusing alcohol. It is estimated that there are 10 million underage drinkers. But drinking does not make you anything but drunk. It does not make you a better person, or a better athlete or even the best person on campus. It only makes you ruin your life at an early age, or at any age. If you have to prove yourself to anyone, then you are only lowering yourself, and that will not bring about confidence or popularity or even a good job one day. There is no future in it. But God has a future for you, and it can be a future for good and not evil. Alcohol is a negative, not a positive and it only brings about depression and hopelessness. Today you can turn your life around. Let God direct you. He knows His plans for you and He loves you. If you want to end the cycle of alcohol abuse you can call the: **Services at : 1-800-662-4557.**

Substance Abuse and Mental Health

Or call the addiction center at Addiction Center at: 1-855- 826-4464.

BOCA Recovery Center: Trauma Informed Therapy for Substance Use Disorders

BOCA Recovery Center: Depression & Addiction: Signs, Symptoms & Treatment

BOCA Recovery Center: Substance Abuse & Mental Health Hotlines: Where to Get Help Now

You can also see your family doctor or pastor and of course, your parents. Why ruin your life with alcohol, when God wants to give you a drink from the well of salvation?

Alzheimer's Disease

Alzheimer's disease kills more people today than many cancers and heart disease. It is the most common cause of Dementia. The hard thing about Alzheimer's is that it is slow, a slow death. Alzheimer's begins 20 years or more before memory loss and other symptoms develop. Alzheimer's disease is a type of brain disease, just as coronary artery disease is a type of heart disease. It is caused by damage to nerve cells (neurons) in the brain. The brain's neurons are essential to all human activity, including thinking, talking and walking.

Stage 1: preclinical Alzheimer's disease

Stage 2: mild cognitive impairment due to Alzheimer's disease

Stage 3: mild dementia due to Alzheimer's disease

Stage 4: moderate dementia due to Alzheimer's disease

Stage 5: severe dementia due to Alzheimer's disease.

Millions of Americans are living with Alzheimer's or other dementias. As the size of the U.S. population age 65 and older continues to grow, so too will the number and proportion of Americans with Alzheimer's or other dementias. If you would like to help, more than 1 million additional direct care workers will be needed between 2021 and 2031 — more new workers than in any other single occupation in the United States. But when caring for someone with advanced Alzheimer's be cheerful and caring and loving, for they go into a deep darkness that leaves them not knowing or understanding emotions. They do not remember, so do not try to make them understand or remember. All the sadness is on the caregiver. So if you can be strong for the both of you then consider becoming a caregiver.

If you think someone you know may have Alzheimer's Disease and you would like more information contact the Alzheimer's Association at **https://www.alz.org**

Read this great story about singer Glen Campbell and his wife on their experience with Alzheimer's Disease at

Battling Alzheimer's Together, Glen Campbell

62 Tips on Caring for a Loved One with Dementia

Bullying

Are you being bullied? Do people laugh at you? Do they say that you are different? Little do they know that everyone is different. What a dull world this would be if we were all the same. We are not a cookie cutter humanity. We are not all Gingerbread men and women. We all have different gifts and abilities. We all come from different backgrounds. This is what makes us unique. God loves each and everyone of us. And when people laugh at us or cause trouble for us, we should not run or hide, or even give up. No! It should make us stronger and more determined to succeed in life. When we go through such trials, we must know this, that one day we will do great things, because we have been put in the fiery furnace. We who are just clay, the dust of the earth, will be refined into earthen vessels, so one day, we may even be used, to help the one who laughed and the one who bullied.

Suicide Prevention: 1- 800- 273-8255

National Runaway Hotline:1-800-RUNAWAY a national, toll-free hotline for runaway and homeless youth, teens in crisis and concerned family/friends. Completely confidential. Suicide Prevention:

1- 800- 273-8255 National Runaway Hotline: 1-800-RUNAWAY

(1-800-786-2929)-a national, toll-free hotline for runaway and homeless youth, teens in crisis and concerned family/friends. Completely confidential.

Anger Management Workbook

Cancer

Those three words… "You have cancer," are the most terrifying three words in the spoken language. Yet, there are so many cancer survivors. Having a positive attitude helps. But once treatment starts and life goes on it can take quite a toll on you. It truly is a battle. But there is one who is a Mighty Warrior and He is always dressed for the battle, **Isaiah 42:13.** God will carry us and give us the strength to go on. **Isaiah 40-29-31** says, "He gives strength to the weary, and to the one who lacks might He increases power. Though youths grow weary and tired, and vigorous young men stumble badly, Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary." Don't give up, and never feel hopeless, because with God all things are possible, because God is the God of the impossible, **Mark 10:27**. Look to Him with faith. **1 John 5:14-15** says, "And this is the confidence that we have toward him, that if we ask anything according to His will He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests that we have asked of Him."

Today, if you have cancer, and you feel defeated, take courage, because God loves you, and He cares about you, and you are always in His arms, **1 Peter 5:7.** Finally **Philippians 4:6-7** says, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

https://judeochristianclarion.com/wp-content/uploads/2022/07/Dr.Chemo-super-hero.pdf

Dr. Chemo Superhero Coloring Books- Dr. Chemo Superhero (taken from the video **Dr. Chemo Superhero)**

https://judeochristianclarion.com/wp-content/uploads/2024/01/Dr-Chemo-coloring-BK.pdf

For Children With Cancer: **Dr. Chemo Superhero And Friends**. (taken from video **Dr. Chemo Superhero And Friends)**

https://judeochristianclarion.com/kids-corner/coloring-pages/dr-chemo-and-friends/

Cancel Cancer Book

https://www.amazon.com/Cancel-Cancer-There-victory-cancer

Asbestos.com **https://www.asbestos.com/mesothelioma/symptoms/**

https://www.asbestos.com/mesothelioma/diagnosis/

https://www.asbestos.com/treatment/

https://www.lanierlawfirm.com/mesothelioma/

Consumer Notice.org Juul and E-Cigarettes JUUL and E-Cigarette Side Effects

Hair care products known to cause cancer /Hair care product cancer lawsuit

Domestic Abuse

If you are going through domestic abuse and you are being physically abused, or verbally abused, and you are feeling worthless or anxious. We feel your pain. No one is worthy of abuse. Everyone has value. Everyone has a purpose in life, and should be able to live out that purpose. If you are an abuser and you feel that you need to bring someone down, then we say this, “No one needs to prove themselves.” God has given each one of us purpose and worth. Drugs won’t change the situation, alcohol won’t change the situation, and neither will suicide. If you are being abused, or if you are the abuser, you need help. Do not feel ashamed, but there are many people who want to help you anyway they can. God loves you very much, and He wants to bring healing to you, no matter if you are the abused or the abuser. Seek help today by seeing a doctor, or a spiritual leader, or even a friend or family member.

Every life is worth respect, because God is the one who gives us life.

Domestic Violence: Safe Horizon Hotline:

(includes shelter): 1-800-621-HOPE

BOCA Recovery Center: **Addiction & Domestic Violence**

Sexual Assault: National Sexual Assault Hotline:

1-800-656-HOPE (4673)

Cutter Law, Ride Share Sexual Assault Safety Guide

Drugs

Drugs do not make the person. You are who you are, and you are the way that you are, because God created you and He loves you, and He has a purpose for your life. He has given you talents and abilities that others do not have. He has a plan for your life and He wants you to fulfill that plan by using your talents and abilities. Maybe you don't see them because you have let yourself believe a lie. Drugs are a lie. They do nothing for you except keep you from fulfilling your purpose in life. You are special because God called you to do special things. You are able to do it, because God has equipped you. Turn to Him, speak with Him, He hears you, and He knows you by name .If you are looking to get off of drugs, you must stop having any contact with those who sell drugs, or even stop hanging out with people who do drugs, or going to places where you know drugs are used. A life in bondage to drugs is not a life at all. Talk to a reliable friend or family member or pastor for support and call: **Substance Abuse and Mental Health Services (SAMHSA's) National Helpline, 1-800-662-HELP (4357)**

Reset Addiction Treatment Hotline, **1-800-662-4357**

Laced & Legal. is your source for information on pills and powders laced with FENTANYL!

Helpful Resources **Narcotics Anonymous**

BOCA Rhttps://bocarecoverycenter.com/ecovery Center:

Trauma Informed Therapy for Substance Use Disorders

BOCA Recovery Center Substance Abuse & Mental Health Hotlines:

Where to Get Help Now

BOCA Recovery Center Depression & Addiction: Signs, Symptoms & Treatment

BROOKDALE Premier Addiction Recovery

Narcotics Anonymous

Find Help with Narcotics and Opioid Addiction

Fentanyl Crisis and Narcan Overdose Prevention Guide for Families and Communities

Eating Disorders

Do you or someone you know have an eating disorder? Maybe you do not recognize it as such, because people tend to eat more. But if you are someone who tends to eat when you are having problems, you could find yourself having an eating disorder. Today, if you are heavy or obese, people like to shame you or cancel you or bully you, but God sees it differently. God does not look at the outward appearance of a person, He looks at the heart of a person. God sees you, and He not only sees you, but He feels your pain, your shame, your hurt. People can be cruel, but God loves you. You may say, if God loves me then why am I going through this? That is a good question, but the answer is that people go through all kinds of trials, and we feel hurt and abandoned, but much is for a reason, and that reason is for us to draw closer to God. The world wants to take us far away from God, but God wants to draw us closer to Him. If we take these times and we go the world's way, then we go even farther from God, and we then begin to cope by eating or drinking or doing drugs or even suicide, but God wants us to go His way, and His way will lead us right into His arms. Today if you are going through a serious time in your life, and you think eating is the answer, then I tell you, it will only lead you down a road of more misery. Turn to God, His Word is all the food you need. Call a pastor, talk to a doctor or you can call

NEDA Feeding Hope (National Eating Disorder Assoc.) Online Chat

Monday—Thursday 9am—9pm ET Friday 9am—5pm ET **Call 800- 931-2237**

Monday—Thursday 11am—9pm ET Friday 11am—5pm ET

Translation services are available on the phone.

Text (800) 931-2237 **tel:+18009312237**

Monday—Thursday 3pm—6pm ET Friday 1pm—5pm ET

Standard text messaging rates may apply.

Crisis Text Line If you are in a crisis and need help immediately, text "NEDA" to 741741 to be connected with a trained volunteer at:

Crisis Text Line.

Crisis Text Line provides free, 24/7 support via text message to individuals who are struggling with mental health, including eating disorders, and are experiencing crisis situations.

Food does not make the cure, only God's Word is food for our soul. Only God's Word is good medicine.

Fatherless/ Parental Needs

Fatherless homes are an epidemic in this country. No one should live without a father. If you live in a fatherless home, there is help. Call the numbers below and there is help for you and your family. But remember, God is our Father and He loves you. You can call on Him anytime of the day…just talk to Him, He's always there to listen, and because He loves you, trust Him to answer your call.

Parents who need help or Need someone to talk to?

Call the Parent Stress Line: 1-800-632-8188

National Parent Helpline

1-855- 4A PARENT (1-855-427-2736).

Without a father, call Focus on the Family to speak to a counselor: 1-855-771-4357!

If You Live in Dallas, Texas. Contact information: hello@forerunnermentoring.com | (972) 656-8252 |

If youLive in the Phoenix area Contact information:

john.pyle@americasfatherlessfoundation.org | **352-669-0000** |

The FatherlessGenerationFoundation

Based out of Atlanta, GA. **Phone:**1-888-407-7990 | **E-mail:**info@tfgf.org | **website**

Contact information: **dads for a day** | **352-571-8741**

Big Brother Big Sister of America

Fraternities and Sororities

Studies show that fraternity men are three times more likely to commit rape than other men on college campuses. Fraternity pledges are at a higher likelihood to commit rape or sexual assault because of the pressure to meet the hyper-masculine standards that fraternities expect of their members. Overall, fraternity men are shown to have more rape-supportive attitudes than non-fraternity men. Fraternities have often been accused of fostering rape-supportive attitudes by promoting male dominance and brotherhood, and fraternity affiliation has been found to be a significant predictor of sexually predatory behavior in retrospective research. Sexual assault is such a common occurrence among fraternity organizations that one fraternity, Sigma Alpha Epsilon, is commonly referred to by the nickname, 'Sexual Assault Expected.' Attitudes towards women learned in fraternity life can perpetuate fraternity men's lifelong attitudes, leading to the potential to commit sexual assault and rape after college life. Studies show that women in sororities are almost twice as likely to experience rape than other college women. A research article studied campus demographics and reported rapes and found that campuses that report more rapes have more fraternity men, athletes and liquor violations." Unfortunately, many judges also once belonged to a fraternity and may now belong to the Masonic Lodge. So as you took the oath , you must remain faithful to your fraternity brothers. Researchers have found that in predominantly male environments, such as fraternities, athletics and military groups, men feel pressure to meet the group's standard of masculinity, which may contribute to men being more accepting of sexual violence. Nicholas Syrett, a professor of history at the University of Northern Colorado, has been a vocal critic of the evolution of fraternities in the 20th century. In 2011, Syrett stated that, "fraternal masculinity has, for at least 80 years, valorized athletics, alcohol abuse and sex with women." "Studies have shown that fraternity and sorority members are more likely than the average college student to use or abuse drugs. Since the 1990s, fraternity members have experienced an increase of over 400% in the recreational use of prescription benzodiazepines like Xanax and Valium. Amphetamine use with drugs like Ritalin and Adderall are more common among fraternity members than other college students. Fraternity members abuse amphetamines at double the rate than that of their non-college peers. Marijuana use is also more prevalent among fraternity and sorority members compared to college men and women not in fraternities or sororities." Anyone concerned about hazing can report it either by calling the Anti-Hazing Hotline:
(888) 668-4293 or (888) NOT-HAZE or in general

https://jedfoundation.org/

Gambling Disorder

Gambling problems can happen to anyone from any walk of life. Your gambling goes from a fun, harmless diversion to an unhealthy obsession with serious consequences. Whether you bet on sports, scratch cards, roulette, poker, or slots—in a casino, at the track, or online—a gambling problem can strain your relationships, interfere with work, and lead to financial disaster. You may even do things you never thought you would, like running up huge debts or even stealing money to gamble. A gambling addiction or problem is often associated with other behavior or mood disorders. Many problem gamblers also suffer with substance abuse issues, unmanaged ADHD, stress, depression, anxiety, or bipolar disorder. To overcome your gambling problems, you'll also need to address these and any other underlying causes as well. If you think you may have a problem with gambling seek help.

National Problem Gambling 1-800-Gambler Helpline is a free confidential 24 hour helpline or Text:800GAM

National Problem Gambling serves as a resource for individuals who may be struggling with gambling problems or gambling addiction or for those who may know someone who is struggling.

When someone contacts 1-800–Gambler they will receive support, information and referrals to services that can help them address their gambling-related concerns.

Gordon Moody: https://www.gamblingtherapy.org/support/live-support/

email at help@gordonmoody.org.uk

Judeochristianclarion.com

Gender Preference

People tell you that you can be whoever you want to be. It is true that you can be whatever you want to be, but it is not true that you can be whoever you want to be. First of all, people should not be telling you this to begin with. Seeds of doubt in one's mind only leeds to lies. You are unique because everyone is unique. Only you have your own set of fingerprints, and only you have your own soul. You can do all you can to look different and act different and call yourself a different name, but you can not change your soul, because that is how you were created.

Psalm 139 tells us, "For you created my inner being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made;

your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

What beautiful words for a beautiful person whom God loves, and that person is you. Today, if you are struggling with these questions, I say this: The world has many voices, but God who loves you only has one. You can hear His voice in the words of the Bible. God's Word has been forever, even though they have only been written down in the last centuries. Man's words are only as long as that person has lived. I would trust the words of the One who created you, and He tells you that you belong to Him. The world brings confusion, God brings peace. Don't let yourself suddenly believe something that you, or anyone else, even thought about, when you were born. You have value because God gives you that value. You are special, because God made you special. Do not let someone take it away from you.

Other Crisis: Life net Hotline: 800-543-3638

LGBTQ or HIV-related Hate Violence: Anti-Violence Project Hotline: 212-714-1141 (English/Spanish)

Grief

Everyone in life loses someone. We all suffer from grief. Yes, it is suffering. We can't stop crying. We can't eat or sleep. But the crisis comes when we suffer too long, when we just can not continue to function. We just can not go on without that special person. When there is such a loss that our hearts break, we say, "where is God?" "Why did He allow this?" We take our grief to a new level, and we become angry. We begin to hate everyone and everything, even God Himself. Some people begin to drink, others become reclusive, and others even lose their jobs, homes, and family. Grief is a terrible plague on one's soul. You know God lost His Son, and He knows what you are going through. Yes, God has feelings, too. We are made in His image. He felt sorrow when our Messiah died, and He was separated from Him, as He descended into Hell. Sin separates us from God and the Messiah carried our sins upon Himself. God knows exactly what you are going through. Don't turn from Him, but run into His arms. You know that He has your loved one also in His arms. God will never leave you. He is always at your side. He is as close as the whisper of His name. You will see your loved one one day, and while that person is in God's arms, think of this, there is no time with God, so your loved one, while in God's presence, is dwelling in a place where there is no time. To them they have just left you, even if they have been dead for 40 years. That is how close they are to you. So cling to God and He will comfort you and carry you till the day that He brings you home and then you will not only be with God, but you will once again be reunited with that loved one. Life does go on with God. We hope that you can take comfort in our Encouraging Moments. **https://judeochristianclarion.com/clarion-call-encouraging-moments/**

Encouraging Moments, 1
'And a fierce gale of wind developed, and the waves were breaking over the boat so much that the boat was already filling with water. And yet Yeshua Himself was in the stern, asleep on the cushion; and they woke Him and said to Him, "Teacher, do You not care that we are perishing?" And … Continue reading

EncouragingMoments, 2

"Be strong and let your heart take courage, all you who wait for the Lord." Psalm 31:24 Father, we pray for those who wait upon the Lord, that they will be strong and courageous. "Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge … Continue reading

Encouraging Moment, 3 "He gives power to the faint, and to him who has no might He increases strength." Isaiah 40:29 Father, we pray for those who are faint hearted, that You will increase their strength. "For God gave us a spirit not of fear, but of power and love and sound judgment." 2 Timothy 1:7 Father, we … Continue reading

Encouraging Moments, 4

Hello Lord. It's me again. Hello Lord, see, I need a friend. Hello Lord. I'm lonely. Hello Lord, won't You be my friend? Have I told You how much I love you? Have I told You how much I care? Won't You stay at my side? Hello Lord, it's me again. … Continue reading

Encouraging Moments, 5

I have Called You By Name (1.) I have called you by name and you are mine. I am drawing you nearer to My heart. You will be with Me throughout eternity. As you walk on rough waters, keep your eyes on Me. I will hold your hand and comfort you. I will take care … Continue reading

Encouraging Moments, 6

You Gave Me A Rainbow Lord, I awoke this morning and saw the blue sky and the sun shining. Thank You for the joy of the blue sky and the warmth of the sun. The blue sky in my life is so peaceful. The warmth of the sun is like the blanket of love You … Continue reading

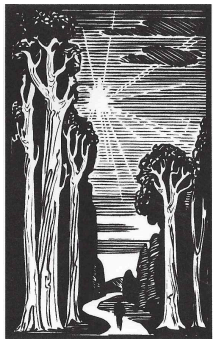
Encouraging Moments, 7

I Will Never Forget You Beloved, know that I am with you in good times and in bad times. I have engraved you in the palm of My hand. I will never forget you. I have created you so that one day you will spend eternity with Me. Rejoice in knowing that I am near. … Continue reading

Encouraging Moments, 8

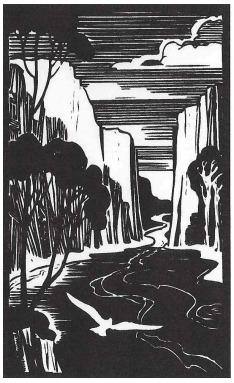
Today so many people are discouraged and feel helpless because of the state of our economy. All over the world there are famines and drought, a lack of food and water. But God sees all and knows all and He is in control of all things. Here are a few Scriptures to encourage you. "But … Continue reading

Sandiegrams: https://judeochristianclarion.com/sandiegrams-page-2/
Journey to Heaven
Meditational writings of comfort for those who are experiencing their journey to heaven. | Journey to Heaven | On the Holy Highway | Stairway to Heaven | What is Paradise Like? | Do Not Weep



Never Alone

Meditational writings of peace for those who are experiencing loneliness in their lives. | Never Alone | I Will Never Forget You | Hello, Lord | Lord, You're With Me | Beside the Quiet Brook



Storms

Meditational writings of hope for those who are experiencing a storm in their lives. | Storms | You Gave Me a Rainbow | Trust | In My Dark Hour | A Thread

<u>Other Crisis:</u>

Life Net Hotline: **1-800 543-3638**

Broken Believers Prayer Line : 708-512-7011

Halloween

The Dangers of Halloween For Those In Crisis.

According to **Healthy Place Halloween Can Be Frightening For People with Mental Illness**

Halloween can be a fun time, but it can also be a difficult time for people who have been abused (esp. satanic ritual abuse) or have PTSD, anxiety or other mental health conditions. *Recovering From Mental Illness* blog author, Paulissa Kipp, discusses the issue in ***Halloween, More Trick Than Treat for Those With Mental Illness***.

Especially, if you or your child have a mental illness, here are some things to keep in mind:

- Halloween is tied into death and the devil. Some dress up in bizarre scary costumes and in their attempt to instill fear, the characters may make strange eye contact. In addition, they may invade your personal space, making frightening noises and use bizarre body movements and gestures.
- Children who participate in such Halloween celebrations may experience high levels of fear, anxiety and panic.
- Be prepared to be assaulted by all sorts of examples of mental health stigma. For instance, people dressed in costumes, like a straight jacket, pretending to be “crazy” or haunted asylums, whose residents are portrayed as violent monsters.

If you feel uncomfortable celebrating or dealing with Halloween, do something else tonight. You don’t have to submit yourself or your child to anything that harms your mental health.

Mental Health Newsletter-Halloween and Mental Health

Homelessness

So many people are homeless today. If you are one of them, seek help. There are many agencies today who can help you not only find a place to live, but also help you become a productive person in life. Do not consider drugs or alcohol or even suicide. Do not consider dropping out of society. There are many agencies who can give you a helping hand. See the list below. God loves you! Do not let your circumstances keep you from the One who loves you. Call on the name of the Lord. He sees you and He is in control of all things. No one is never alone because our Creator is always with us. Take comfort for He has you in His loving arms.

Check the list below for help

https://impactful.ninja/best-charities-for-helping-homeless-people/

You will find Below our favorite charities for helping homeless people:

- Family Promise
- Coalition for the Homeless
- Covenant House
- StandUp for Kids
- U.S. Veterans Initiative
- Abode Services
- Chicago Coalition for the Homeless
- DePaul USA
- Building Changes
- Save the Family
- National Alliance to End Homelessness
- Harvest Home
- Streetwise
- **https://www.samhsa.gov/homelessness-programs-resources/grant-programs-services/path-program/immediate-assistance**

You will find below our charities for the homeless

- **Healthcare for the Homeless**
- **Selah Neighborhood Homeless Coalition**
- **Nevada Partnership for Homeless Youth**
- **National Alliance to End Homelessness**
- **Coalition for the Homeless**
- **Shelter the Homeless**
- **Picture the Homeless**

Chicago Coalition for the Homeless

Loneliness

We all feel alone at times, but for some of us, loneliness is not some of the time. Day in and day out loneliness becomes our companion. It also becomes our taskmaster. We suffer the pains of loneliness. It is a silent pain within that people around us do not see or feel, but to the lonely it is a great sorrow. There is one who does see and feel, and that is God. God is with us always. He never leaves us. He never abandons us. He loves us. It's hard for the lonely to accept this, because of our deep pain within. But God wants to heal us. He wants to take away the hurt, the pain, the loneliness. Pick up a Bible and read and speak to God, He hears you. He knows every hair on your head. Get involved with your church, your community, like being a Big Sister or Brother, and you will find meaning in life. And if you are a parent of a child that suffers from loneliness then get involved in your child's life and reduce that isolation in their lives. If you are elderly or just can not get around, then write to our soldiers, or other shut-ins, even be a grandparent to those who do not have a grandparent. You feel you need to talk with someone you can call:

SAMHSA's National Helpline, **1-800-662-HELP** (4357)

or if you are an adult you can call The Samaritans Help Line:

1-877-870-4673

or if you are elderly person you can call **Institute on Aging Friendship Line – 1-800-971-0016**

——Other Crises Lines—-

Lanier Law Firm Social Media Addiction

StatisticsHelpful Resources for Human Trafficking Victims

Helpingsurvivors.org **Life Net Hotline: 1-800 543-3638**

Broken Believers Prayer Line : 708-512-7011

62 Tips on Caring for a Loved One with Dementia

Elder Abuse Hotline: 1-800-252-8966

Runaways

- **National Runaway Safe line: 1-800-RUNAWAY (1-800-786-2929)-a national, toll-free hotline for runaway and homeless youth, teens in crisis and concerned family/friends. Completely confidential.**
- **Covenant House 1-800-999-9999 (Youth and Parents, 24-hour, toll-free crisis hotline which provides crisis intervention, referral and information services to homeless, runaway and other troubled youth and their families throughout the U.S.**

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Sexual Assault: National Sexual Assault Hotline: 1-800-656-HOPE (4673)

Cutter Law, Ride Share Sexual Assault Safety Guide

Helpingsurvivors.org **Suicide: Samaritan Hotline: 212-673-3000**

Poison Control Center: 800-222-1222 Other Crisis: Life net Hotline: 800-543-3638

Disaster Distress Helpline 1-800-985-5990 or text Talk With Us to 66746

Covenant House Safe Place to sleep.org Homeless Youths 844-298-3757 or 1-800-600-7233 or 847-249-4450 or tex

Here are some other resources for hoarding help:

- **The International OCD Foundation:** Offers a resource directory for therapists, treatment programs, clinics, and support groups
- **Hoarding Cleanup:** Provides a directory of hoarding cleanup services and mental health providers
- **Psychology Today:** Offers a search function to find therapists in your area who treat hoarding disorder
- **Clutterers Anonymous:** Offers a 12-step recovery program with in-person and online meetings
- **The Clutter Movement Individual Support:** A peer support group on Facebook
-

Doing Self-harm
Need Help? Text a Crisis Counselor at 741471. You're not alone.

Pass 741741 On To A Friend you may know who needs help. Or call 988

S.A.F.E. Alternatives (Self-Abuse Finally Ends) – Organization dedicated to helping people who self-harm, with a helpline at 1-800-366-8288.

A crisis doesn't only mean suicide. It can be any painful emotion that requires support: bullying | school stress | depression | anxiety | suicide | relationships | friendship | family problems | self-harm.

Those around us with special needs and disabilities are real people and they are special and that is all we need.Also here are a few websites for your information:

- **Special Needs Services**
- **How To Volunteer With People With Disabilities**
- **The American Association of People with Disabilities**
- **National Center For Learning Disabilities**

Effects Of Hidden Disabilities On Driving

Invisible Injuries After An Accident

How To Manage Your Emotions While Driving

Need Prayer:

700 club prayer line: Call 1-800-700-7000 Crossroads prayer line: Call 1-866-273-4444 TBN Prayer line: Call: 714-731-1000

Broken Believers Prayer Line : 708-512-7011

The Three Steps To Recovery

Judeochristianclarion.com

Pornography

But everyone is doing it! That may be so, but what they do not realize is that pornography becomes an addiction. It is very hard to let go of sexual images from the brain. Once our brain sees an image, it is as though it is branded on our brain and it will torment you your whole life. Posting images on social media will follow you your entire life. If you want that good job, or run for any office or even get married, those images can not be removed. Today it may not bother you, but it will tomorrow. If you want to be set free from the bondage of pornography, only God can set you free. Only He can wash those images from your mind. Our bodies are not meant to be put on display. Our bodies are a dwelling place for our Creator and when we take photos of our bodies, we cheapen ourselves, and our lives. And then it becomes shame, and shame becomes depression, and we continue on this downward spiral. No doctor or psychiatrist or therapist can heal you from the images of pornography. Maybe they can help you to let go of habitual use, but once the damage is done it is done. If you have a problem in this area, turn to God. He loves you, He created you and you belong to Him. Tell your folks so they can help you or a close friend or call you pastor, or your family doctor or you can call the:

A life of pornography is a life of abuse.

Addiction Center at 1-855-826-4464 . Or

the Substance Abuse Mental Health Services

at 1-800-662–4357or Sex Addiction Anonymous at 1-800-447-8191 or the Boys Town National Hotline at 1-800-448 3000

Prostitution

Prostitution can be a lucrative business, but only for those who run the business. Prostitution is slavery. When you sell yourself, someone buys you, and he then owns you. This only leads to a life of drugs, alcohol and self degradation. It is a life that leads to a dead end, literally. You are worth more than this. God created you to have value and to have purpose, but prostitution strips that all away. One should never buy into the idea that this is the only thing that you can do, or that someone offers you a glamorous lifestyle that you can not refuse. Life is more than clothes and jewelry and money, because these things only leave you as a person on the outside, but on the inside you are left with not even your soul. Prostitution strips you of you. This is not what God intended for you. Regain your value. Regain your self respect. Seek help to become free of the bondage that someone has over you. You are able to live without your keeper. You do not need to be locked up like an animal. You are a real person, and you can live a life with dignity and self respect. Talk to God. He will help you if you ask Him.

Remember, God created you to be free.

National trafficking Hotline 1-888-373-7888 –or- TEXT: Be Free 233373

New Friends New Life Call us at 214-965-0935 and talk with a staff member

PTSD

When we think of Post Traumatic Stress Disorder, we think of soldiers coming home from the battle. But can anyone have PTSD? According to the National Institute of Mental Health the answer is “Yes.” Anyone can develop PTSD at any age. This includes combat veterans and people who have experienced or witnessed a physical or sexual assault, abuse, an accident, a disaster, a terror attack, or other serious events. People who have PTSD may feel stressed or frightened, even when they are no longer in danger. It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body’s “fight-or-flight” response, which helps us avoid or respond to potential danger. People may experience a range of reactions after trauma, and most will recover from their symptoms over time. Those who continue to experience symptoms may be diagnosed with Post-Traumatic Stress Disorder (PTSD). Symptoms of PTSD usually begin within 3 months of the traumatic event, but they sometimes emerge later. To meet the criteria for PTSD, a person must have symptoms for longer than 1 month, and the symptoms must be severe enough to interfere with aspects of daily life, such as relationships or work. The symptoms also must be unrelated to medication, substance use, or other illness. The course of the disorder varies. Although some people recover within 6 months, others have symptoms that last for 1 year or longer. People with PTSD often have co-occurring conditions, such as depression, substance use, or one or more anxiety disorders. After a dangerous event, it is natural to have some symptoms. For example, some people may feel detached from the experience, as though they are observing things as an outsider rather than experiencing them. A mental health professional—such as a psychiatrist, psychologist, or clinical social worker—can determine whether symptoms meet the criteria for PTSD.

Here are some of the symptoms.

Flashbacks—reliving the traumatic event, including physical symptoms, such as a racing heart or sweating, recurring memories or dreams related to the event, distressing thoughts, physical signs of stress.

Thoughts and feelings can trigger these symptoms, as can words, objects, or situations that are reminders of the event. One may stay away from places, events, or objects that are reminders of the experience or avoid thoughts or feelings related to the traumatic event. Avoidance symptoms may cause **people** to change their routines. For example, some people may avoid driving or riding in a car after a serious car accident. You may easily be startled or have tense feelings,

or be on your guard, or be on edge. You may have difficulty concentrating or even difficulty falling asleep or staying asleep. You may feel irritable and have angry or aggressive outbursts. You could even engage in being risky, reckless, or destructive in your behavior. Arousal symptoms are often constant. They can lead to feelings of stress and anger and may interfere with parts of daily life, such as sleeping, eating, or concentrating. Other symptoms are trouble remembering key features of the traumatic event or negative thoughts about oneself or the world, even exaggerated feelings of blame directed toward oneself or others. You could have ongoing negative emotions, such as fear, anger, guilt, or shame or loss of interest in previous activities or maybe even feelings of social isolation or difficulty feeling positive emotions, such as happiness or satisfaction. Older children and even teens may also may develop disruptive, disrespectful, or destructive behaviors and they may feel guilt over not preventing injury or death, or have thoughts of revenge. **Risk factors** that may increase the likelihood of developing PTSD include: Exposure to previous traumatic experiences, particularly during childhood. Getting hurt or seeing people hurt or killed. Feeling horror, helplessness, or extreme fear and having little or no social support after the event to help you deal with stressors, such as the loss of a loved one, pain and injury, or loss of a job or home. Having a personal history or family history of mental illness or substance use. If you think that you may have PTSD seek help. Some people with PTSD, such as those in abusive relationships, may be living through ongoing trauma. In these cases, treatment is usually most effective when it addresses both the traumatic situation and the symptoms of PTSD. People who experience traumatic events or who have PTSD may also experience panic disorder, depression, substance use, or suicidal thoughts. Treatment for these conditions can help with recovery after trauma. Research shows that support from family and friends also can be an essential part of recovery.

Mental Health Effects After a Traumatic Accident: The Hidden Repercussions

PTSD Therapy Drug Rehab Centers.

Download this PDF on PTSD

Guide To Understanding PTSD After An Accident

Migraines and Driving: What Every Driver Needs To Know

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at 988 or chat at 988lifeline.org . In life-threatening situations, call 911.

Suicide

Jesus loves you, that is why He died for you. If you were not worth it, He would not have given up His life, but He did so that you don't need to give up yours. Talk to Him, He hears you. He is as close as the whisper of His name. He knows you better than you do, because He created you. Stop and think about what I have just told you. You have value and that is why Jesus died for you. Remember that. God can turn things around if you would trust Him. Read the Bible, He wrote it for you, because He loves you…For God so loved you that He sent His only begotten Son to die for you, so that you may have life with Him forever. We recommend that you seek immediate help if you are thinking about suicide. Talk to a family member, or call a local church, or even a friend, or neighbor, or call

But death is never the answer to life.

Suicide Prevention Helpline: 988

Suicide Prevention: 1- 800- 273-8255

Suicide: Samaritan Hotline: 212-673-3000

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The Addiction to Lying

Compulsive lying describes a condition in which a person tells falsehoods out of habit, sometimes for no reason at all. It is also known as pathological lying, mythomania, and habitual lying.

According to **GoodTherapy**: Habitual lying often has the following traits: The lies are believable and may have truthful elements. A person who has the flu might tell co-workers the symptoms are in fact AIDS or some other serious illness. The lying continues for a long period of time and is not caused by some immediate pressure. A person who lies repeatedly about an affair would typically not qualify as a habitual liar, since the lies result from the desire to keep a secret. The lies tend to present the person lying in a positive light. A person is more likely to lie about having a Phd than claim they dropped out of high school. The lies have an internal—rather than external—motivation. A child with abusive parents might lie compulsively to avoid harm. These falsehoods would not be considered compulsive because the lying is motivated by an outside threat. The terms "compulsive lying" and "pathological lying" are often used interchangeably. Medical literature currently does not differentiate between these terms. Yet there are professionals within the mental health community who classify the terms as subtly different conditions. In this framework, compulsive lying is the habit of telling falsehoods uncontrollably. People in this category may be more comfortable telling lies than telling the truth. They may lie repeatedly about important as well as unimportant matters. People who lie compulsively often have no ulterior motive. They may even tell lies which damage their own reputations. Even after their falsehoods have been exposed, people who lie compulsively may have difficulty admitting the truth. Meanwhile, pathological lying often involves a clear motive. A person may lie to gain attention or admiration. Other lies may be designed to garner pity or help from others. Even self-harming lies may provide some form of internal gratification. People who lie pathologically may mix falsehoods with the truth to make their lies more credible. As such, pathological lying is often considered a subtler form of manipulation than compulsive lying. According to the American Addiction Center: If you want to know how to stop lying compulsively there are a few steps you should take to hold yourself accountable. If you are wondering how to help a compulsive liar in your life it would also be beneficial to encourage them to work through these actions:

Cont…

Admit that you have a problem with lying. As long as you are in denial, you won't stop lying.

Be accountable to someone. Talk to a friend, a counselor, or a 12-step sponsor and commit to being completely truthful with them.

Consider the consequences. Sooner or later, your lies will be exposed, and you risk losing people's trust and friendship. But by admitting your lies and committing to positive change, it is more likely that you will be given a second chance to repair broken trusts.

Journal. When you lie, reflect on the reasons for your lies. Become aware of automatic, habituated, irrational thoughts. Then consider alternate, more positive choices that will help you meet your emotional needs with honesty and honor. **Set positive, life-enhancing goals** and make concrete plans to work toward these. Give yourself something to be genuinely proud of yourself about, so that lies and deceptive, pretentious ego-boosts are no longer necessary in your life.

Call Our 24/7 Helpline Today. Recovery.org is a subsidiary of **American Addiction Centers** (AAC).

Call us at **888-319-2606** or get a text to understand your addiction treatment options.

Recoveries Anonymous Twelve Step Program
https://www.r-a.org/i-compulsive-lying.htm

Evolve Treatment For Teens

Liars Anonymous

Veterans

We want to start by saying, " We are thankful for your service." Your life matters. You served proudly and courageously, and you made it through. You made it through because your life has a purpose beyond your service. You have no need for shame or regret, or even wondering why you survived, and others did not. You survived because your life still has purpose. No one knows better than you what a military life requires. So no one knows better than you how to relate to someone who is in crisis. Use your life for the better, and help another Vet get through his or her struggle. You may be hurting yourself, but there is no better cure than to reach out to another Vet and give him a helping hand, and in the meantime, you will be helping yourself. God loves you, and this is a nation that is proud of you.

But Death is never the answer to life.

Call the National Call Center for Homeless Vets.

1-877-4AID VET

Suicide Prevention: 1- 800- 273-8255

Veterans Suicide Hotline: 1-800-273- 8255

Suicide: Samaritan Hotline: 212-673-3000

Call the National Call Center for Homeless Vets. 1-877-4AID VET

Suicide Prevention: 1- 800- 273-8255

Veterans Suicide Hotline: 1-800-273- 8255

Suicide: Samaritan Hotline: 212-673-3000

Suicide Prevention Helpline: 988 and Press 1, Or Text 838 255

NEED SUPPORT? U.S.VETS is available to offer emergency housing assistance, resources and support.

Call us at (877) 5-4USVETS or (877) 548-7838