

# HELP

## Resources: Where to Find Help

### Fellowship Free Will Baptist Church

Youth Pastor: David Inman & Tara Inman

Church Address: P.O. Box 444, 601 Buckley Street  
Park Hills, MO 63601

Church Phone: (573) 431-3235

Dave's Cell Phone: (573) 915-4159

Tara's Cell Phone: (573) 915-4158

Dave eMail: [dave@fellowshipfwbc.org](mailto:dave@fellowshipfwbc.org)

Tara eMail: [tara@fellowshipfwbc.org](mailto:tara@fellowshipfwbc.org)

Web: <http://www.fellowshipfwbc.org/>

- **GET HELP NOW**

If you are in a crisis, need immediate help, or facing a potentially life-threatening emergency, call 911 immediately.

- **Dr. Fabing, Licensed Professional Counselor, Local**

**Bridge of Hope**

Dr. Raymond Fabing, LPC  
400 North Washington St-Suite 228  
Farmington, MO 63640  
(573) 701-9861  
[www.thebridgeofhope.net](http://www.thebridgeofhope.net)  
[urfabr@bigrivertel.net](mailto:urfabr@bigrivertel.net)

- **MO Department of Social Services**

Child Abuse and Neglect Hotline: 1-800-392-3738

**\*\*\*The Following Resources From: <http://www.twloha.com/find-help/>\*\*\***

- **HELPLINES - IF YOU NEED SOMEONE TO TALK TO:**

National Hopeline Network (U.S.A.) - [www.hopeline.com](http://www.hopeline.com) - 1-800-SUICIDE

S.A.F.E. Alternatives - [www.selfinjury.com](http://www.selfinjury.com) - Self Abuse Finally Ends

National Domestic Violence Helpline - [www.ndvh.org](http://www.ndvh.org) - 1-800-799-SAFE

Rape, Abuse & Incest National Network - [www.rainn.org](http://www.rainn.org) - 1-800-656-HOPE National Sexual Assault Hotline

National Eating Disorders Association - [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) - 1-800-931-2237

**The Trevor Helpline** <http://www.thetrevorproject.org/> a nationwide, around-the-clock crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. All calls are confidential and toll-free from anywhere in the United States, 24 hours a day, 7 days a week. 866-4-U-TREVOR (866-488-7386)

- **FIND TREATMENT OR COUNSELING:**

American Psychological Association - [locator.apa.org](http://locator.apa.org) - counseling services locator

AAMFT - [www.therapistlocator.net](http://www.therapistlocator.net) - counseling services locator

Befrienders Worldwide - [www.befrienders.org](http://www.befrienders.org) - treatment and counseling services locator

SAMHSA - [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) - substance abuse treatment center locator

SAMHSA - [mentalhealth.samhsa.gov](http://mentalhealth.samhsa.gov) - mental health services locator

AACC - [www.aacc.net](http://www.aacc.net) - Christian counseling services locator

- **For Help with SELF-INJURY:**

**S.A.F.E.** - [www.selfinjury.com](http://www.selfinjury.com) – “S.A.F.E. ALTERNATIVES is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.”

**Self Mutilators Anonymous** - [www.selfmutilatorsanonymous.org](http://www.selfmutilatorsanonymous.org) - "Self Mutilators Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from physical self-mutilation."

- **For Help with EATING DISORDERS:**

**National Eating Disorders Association** - [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) - “non-profit organization dedicated to supporting individuals and families affected by eating disorders.”

**FINDINGbalance** - [www.findingbalance.com](http://www.findingbalance.com) – Faith based help for eating and body image issues.

- **For Help with ADDICTION:**

**HBO** - [HBO.com/addiction](http://HBO.com/addiction) - “The Addiction website brings together many of America’s top addiction experts to demystify this much-misunderstood disease. To find help now, or to learn more about the latest breakthroughs in treatment, select a link.”

"**Alcoholics Anonymous** is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking." Meetings can be found in [Australia](#), the [UK](#) and [USA](#).

**Al-Anon/Alateen** – [www.al-anon.org](http://www.al-anon.org) – “Offering hope and help to families and friends of alcoholics.”

"**Narcotics Anonymous** - an international, community-based association of recovering drug addicts with more than 33,500 weekly meetings in over 116 countries worldwide." To find a meeting in your area visit [www.na.org](http://www.na.org).

- **Additional Information:**

**International Foundation for Research and Education on Depression** - [www.ifred.org](http://www.ifred.org)

**Teen Advice/Support** site - [TeenHelp.org](http://TeenHelp.org)

**The Jed Foundation** - [www.ulifeline.org](http://www.ulifeline.org) - "ULifeline is an online resource center for college student mental health and emotional well being."

**Mental Health America** - [www.nmha.org](http://www.nmha.org) – Resources promoting mental health nationwide.

Information on: abuse, addiction, depression, eating disorders, mental health and trauma - [www.helpguide.org](http://www.helpguide.org)

For more information on Specific Mental Illness' visit the National Alliance on Mental Illness - [www.nami.org](http://www.nami.org)

**Here are a few books we recommend if you are interested in learning more about some of these issues:**

[American Medical Association's Essential Guide to Depression](#)

[Bloodletting \(A Memoir of Secrets, Self-Harm & Survival\)](#) by Victoria Leatham

[Bodily Harm: The Breakthrough Healing Program for Self-Injurers](#) by Karen Conterio, Wendy Lader and Jennifer Kingsonbloom

[Cutting \(Understanding and Overcoming Self-Mutilation\)](#) by Steven Levenkron

[A Grief Observed](#) by C.S. Lewis

[The Last Addiction: Own Your Desire, Live Beyond Recovery, Find Lasting Freedom](#) by Sharon A. Hersh

[Purpose for the Pain](#) by Renee Yohe

[Recovering from Losses in Life](#) by H. Norman Wright

[An Unquiet Mind \(A Memoir of Moods and Madness\)](#) by Kay Redfield Jamison

We are continually working to provide the most helpful and up to date resources available today. If there is a resource that you believe should be listed on this website or at the very least should be used as a referral for individuals needing help, please email [info@twloha.com](mailto:info@twloha.com).

## **FACTS (<http://www.twloha.com/facts/>)**

### **Quick Numbers**

-121 million people worldwide suffer from depression. (World Health Organization)

- 18 million of these cases are happening in the United States. (The National Institute of Mental Health)

- Between 20% and 50% of children and teens struggling with depression have a family history of this struggle and the offspring of depressed parents are more than three times as likely to suffer from depression. (U.S. Surgeon General's Survey, 1999)

- Depression often co-occurs with anxiety disorders and substance abuse, with 30 percent of teens with depression also developing a substance abuse problem. (NIMH)

- 2/3 of those suffering from depression never seek treatment.

**Untreated depression is the number one cause of suicide, and suicide is the third leading cause of death among teenagers. (NIMH)**

### **About Depression**

According to the World Health Organization, depression is one of the leading causes of disability, with approximately 121 million people suffering with depression worldwide. The National Institute of Mental Health states that approximately 18 million people suffer from depression in America alone. Depression does not discriminate across age, race, gender, or class. Among teenagers it is estimated that 20 percent will suffer from depression at some point by the time they reach adulthood. There are also as many as 8.3 percent of teens suffering from depression for at least a year at a time, compared to 5.3 percent of the general population.

### **About Addiction**

The stigma associated with addiction is one of the greatest challenges to recovery. Each year only 10 percent of Americans who need alcohol and drug treatment get the help they need. Yet with treatment and support, people with addiction can lead productive lives.

[The Addiction Project](http://hbo.com/addiction) (hbo.com/addiction) has benefited from contributions by the leading experts in the field of addiction. Throughout this website you will find original articles written by experts featured in the Addiction series and more.

### **About Self-Injury**

While not always the case, often untreated depression and other struggles lead to unhealthy ways in which we try and deal with the hurt and pain we are feeling. We try and find anything that we can do to take away the hurt, painful feelings, or negative thoughts we are experiencing. Often the things that we turn to seem to help at first, appearing to provide some of the relief that we need so badly. But, even though they may seem like they help, often they are unhealthy themselves, eventually becoming even greater struggles like addictions such as drugs, alcohol, eating disorders, or self-injury.

Self-injury remained very much a mystery until 1996 when Princess Diana revealed that she had struggled with it. It has become much more visible in society within the last ten years. Self-injury is also termed self-mutilation, self-harm, or self-abuse. It can be defined as the deliberate, repetitive, impulsive, non-lethal harming of one's self, including but not limited to;

- 1) cutting
- 2) burning
- 3) picking or interfering with wound healing
- 4) infecting oneself
- 5) punching/hitting self or objects
- 6) inserting objects in to skin
- 7) bruising or breaking bones and
- 8) some forms of hair pulling

**While these behaviors pose serious risks, they may be symptoms of a problem that can be treated.**

Experts estimate that 4% of the population struggle with self-injury. It has the same occurrence between males and females, even though in popular culture it can appear to be more prevalent among girls.

- **Emptiness**
- **Inability to understand or express feelings**
- **Loneliness**
- **Fear**
- **Past Abuse**
- **Depression**

Self-injury, like many addictions, is often a coping mechanism to deal with some manner of internal pain, many who struggle with it also struggle with other issues such as eating disorders and alcohol and drug abuse. While self-injury may be someone's way to cope with or relieve painful or hard-to-express feelings and is generally NOT a suicide attempt, relief is always temporary, and usually only perpetuates a destructive cycle that continues the struggle. This cycle often means that those who do not get help can become more depressed and shameful, adding to the pain and need for relief, thus perpetuating the cycle.

The Dangers of Self-Injury - While self-injury may not be about attempting suicide, the damage done while harming oneself ALWAYS carries the risks of inflicting serious, and even lethal, harm to oneself regardless of whether suicide is intended or not. Also the continued cycle of addiction and self-harm, as in substance abuse and other eating disorders can have a destructive effect on one's health both physically and mentally, and struggles worsen as time continues without treatment.

(SAFE alternatives - [www.selfinjury.com](http://www.selfinjury.com))

Self-injury, like alcohol and drug abuse and eating disorders, is addictive, and thus not something that is easy to simply 'stop'. However, while all addictions are very difficult to overcome, help and treatment are out there and available, and recovery and freedom are possible. We believe this is true whether someone's struggles may be self injury, depression, drugs and alcohol, body image issues, sexual addiction, or other areas of brokenness.

Research shows that those who seek professional help and therapy have a very good chance of recovery, and finding relief from symptoms such as depression and anxiety as well as others. (APA, 1998)

### **About Suicide**

The [World Health Organization](#) (WHO) estimates that each year approximately one million people die from suicide, which represents a global mortality rate of 16 people per 100,000 or one death every 40 seconds. It is predicted that by 2020 the rate of death will increase to one every 20 seconds.

The [WHO](#) further reports that:

In the last 45 years suicide rates have increased by 60% worldwide. Suicide is now among the three leading causes of death among those aged 15-44 (male and female). Suicide attempts are up to 20 times more frequent than completed suicides.

Although suicide rates have traditionally been highest amongst elderly males, rates among young people have been increasing to such an extent that they are now the group at highest risk in a third of all countries.

Mental health disorders (particularly depression and substance abuse) are associated with more than 90% of all cases of suicide.

However, suicide results from many complex sociocultural factors and is more likely to occur during periods of socioeconomic, family and individual crisis (e.g. loss of a loved one, unemployment, sexual orientation, difficulties with developing one's identity, disassociation from one's community or other social/belief group, and honour).

The WHO also states that:

In Europe, particularly Eastern Europe, the highest suicide rates are reported for both men and women. The Eastern Mediterranean Region and Central Asia republics have the lowest suicide rates.

Nearly 30% of all suicides worldwide occur in India and China.

Suicides globally by age are as follows: 55% are aged between 15 to 44 years and 45% are aged 45 years and over.

Youth suicide is increasing at the greatest rate.

In the US, the [Center of Disease Control and Prevention](#) reports that:

Overall, suicide is the eleventh leading cause of death for all US Americans, and is the third leading cause of death for young people 15-24 years.

Although suicide is a serious problem among the young and adults, death rates continue to be highest among older adults ages 65 years and over.

Males are four times more likely to die from suicide than are females. However, females are more likely to attempt suicide than are males.

### **Suicide within minority groups**

Research indicates that suicide rates appear to be increasing within native and indigenous populations such as the Native Americans in the United States and Alaska, and the Aboriginal and Torres Straight Island Peoples in Australia and New Zealand.

Suicide rates within migrant communities such as African and East Asian Americans or the Black British community are also of growing concern. Statistics show a rise but in some countries it can be difficult to calculate. For example, in the UK the place of birth is recorded on the death certificate, not ethnicity, therefore reducing data on suicides amongst minority groups.