

Support Services related to Trauma, Mental Health and Domestic Violence

Trauma Resources

If your church, or members of the church, are facing trauma, here are some recommendations from an expert among us:

- **The Institute for Collective Trauma and Growth:** <https://www.ictg.org/covid19.html>
Dr. Kate Weibe is the founder and director. She is a practical theologian who has worked very carefully to bring psychological science into the team's work. There are resources that are free, and some great resources that are available for purchase. They were originally the Institute for Congregational Trauma and Growth, but after the mudslides and fires in Santa Barbara, they became more explicitly active in the general community.
- **National Child Traumatic Stress Network:** <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery>
This network has created many resources for support of children and families. The link above is particularly for training in areas of care in the event of disasters and community trauma.
- **Humanitarian Disaster Institute:** <https://www.wheaton.edu/academics/academic-centers/humanitarian-disaster-institute/covid-19/>
HDI at Wheaton College has done a great job of organizing materials specific to the church. They add to their evangelical faith by bringing in voices of science and clarity.

Counseling for Board of Pensions Members

If you are a Board of Pensions member, the Employee Assistance Program provides 6 sessions with a therapist for free. You need to see a therapist in their network however, so call 866-640-2772 or logging in to the [Cigna website](#). (One-time registration is required; use **pcusa** for Employee's Employer ID.) This service is available to anyone in a member's household.

CIGNA has opened a hotline for anyone needing to talk to someone immediately: (866) 912-1687

San Gabriel Presbytery Counselors—for Pastors

Several therapists are members of San Gabriel Presbytery, or are PCUSA teaching elders living in our area. They are all therapists who have agreed to take a call from our active church pastors if you need to consult, vent, or get a referral for counseling. The first call is for free; if you want on-going counseling you can speak with the person about their fees or they can refer you. Contact information is being sent directly to the pastors and churches.

Los Angeles County Hotline

Los Angeles County Department of Mental Health runs a 24/7 Access Line. If you're feeling stressed, depressed or anxious and need to talk with someone, call (800) 854-7771 or Text "LA" to 741741 for mental health support, resources, and referrals.

Domestic Violence

Whenever families are kept at home together longer than usual, and especially if there is any external stress on family members, the incidence of domestic violence rises. (This occurs during Christmas holidays every year.) Abuse can happen to women or men, to children or elders. While family members can be reminded to monitor and manage their own stress levels, and remember individuals can take a break and go outside as long as they maintain 6 feet of physical distance from others (and, of course, avoid driving when impaired by alcohol, drugs, or rage).

If you are (or suspect that someone else is) in danger, call 911. All domestic violence services are continuing as usual.

If you need to talk with someone confidentially about domestic violence, go to <https://www.211la.org/domestic-violence> for hotlines and information. You can also dial 211, 24 hours a day/7 days a week, and they will get you connected with services and support.