

Depression & Suicide Resources

CrossRoads' Caring Connection

April, 2022

We've all been through some really strange experiences with the last two years of the COVID pandemic. Rules and expectations seem to change every few weeks and depending upon where you are. Plus we've been separated from family and friends for extended periods. And we may have lost some loved ones due to the virus. There are many reasons that a person can begin to feel hopeless and discouraged.

If the signs of Spring don't seem to lift the spirits of someone you love or to make YOU feel more optimistic, it may be time to see about getting some emotional support.

As Christians, each of us *is* our brother's keeper. We just need to *listen* to our friends and loved ones. Many times, the gift of simply letting someone share their feelings and paying attention can save a life. If you are hearing anything that makes you concerned for the person's safety, PLEASE hear this: you will NEVER cause someone to commit suicide by asking them if they have thought about it.

ALL mental health professionals will tell you that each of us should be prepared to take these three steps if someone we are interacting with is seriously depressed:

1. **Question** the person. Have they thought about harming themselves? Do they have a plan? Many times, talking about those feelings relieves some of the pressure the person is under.
2. **Persuade** the person to get some help. Tell them how much they are loved and how important it is to YOU that they talk to someone who knows how to help them.
3. **Refer** the person to someone that can offer professional help.

In any area of the United States, you may call 9-1-1 to get help for yourself or someone else who is suicidal. You can also call 1 (800) Suicide (1-800-784-2433) from anywhere in the US 24-hours/day. People are waiting to help you.

Low-cost therapy *is* available in the Belton area. Please help the person make an appointment with their physician to rule out physical ailments and then with a therapist who can begin relieving the pain.

Low-Cost Local Counseling Options

Mid-America Nazarene University Community Counseling Center

14201 S. Mur-Len, Suite 105 and 106 (please park by and enter the north building entrance) Olathe, KS 66062-1899

- Phone 913-971-3733

- Fax 913-971-3897
- Email communitycounseling@mnu.edu

Practice Hours*

Mon-Fri 8:30 AM to 8:30 PM

Saturday 8:30 AM to 3:30 PM

\$5.00/session

Abundant Life Counseling Center

304 SW Persels Rd, Lee's Summit MO 64081 Phone: (816) 554-0944

A Christian-based counseling center utilizing many standard therapy styles. Thirty counselors on the webpage who range from students, Provisionally Licensed Professional Counselors, and fully licensed mental health therapists. Session costs range from \$30-50, depending upon education status of the counselor.

Hours are 8:00 AM to 9:00 PM Monday through Thursday. 8:00AM to 3:00 PM on Saturdays.

Wellness Counseling Center

105-C W. Wall St., Harrisonville, MO 64701 Contact Shannon Hiser (816) 209-1061

Staffed by fully licensed counselors, certified in a variety of methods. Services for children, youth, adults, and seniors. Many insurance plans accepted. Fees range from \$70-\$100 per session. Hours are not listed. Twelve counselors. Call for more information or to schedule an appointment.

Open Path Psychotherapy Collective

This is an online counseling service. You get a lifetime membership for \$59 giving you access to any of their counselors for the rest of your life for a set price—as long as there is a financial need. Individual client sessions range from \$30-\$60 per session, depending on the therapist. Couples and family therapy sessions range for \$70-\$80 per session, again dependent upon which therapist you choose. At the present time there are 53 counselors specifically serving the Belton area. But legally, you can see any Open Path Counselor licensed in Missouri for online counseling, so you are not limited to the 53 that popped up in our area.

Learn more at <https://www.openpathcollective.org/>

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