

HELP IS AVAILABLE

Learn about Jesus

1-888-NEED-HIM

Prayer and General Counseling

1-866-599-2264

National Prayer Line

1-800-4-PRAYER

Biblical Help for Youth in Crisis

1-800-HIT-HOME

Grace Help Line 24 Hour Christian Service

1-800-982-8032

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Crisis Text Line

741-741

Chat Online:

ImAlive.org or
CrisisChat.org

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the broken-hearted and saves the crushed in spirit.

Psalms 34:17-18 ESV

LEARN MORE ABOUT HOW TO:

- Bring LLM to your church or youth group
- Connect your agency with LLM
- Help yourself, a friend, or a loved one
- Learn more about mental health in scripture
- Sign up for Love Life Letters
- Donate to LLM

lovelife.pleaselive.org



PLEASE LIVE'S

LOVELIFE

MINISTRIES

MISSION:

To cultivate mental wellness through education and awareness of mental health challenges, focusing primarily on depression, anxiety, and suicide prevention.

VISION:

Mentally well communities

BACKGROUND:

Love Life Ministries began in 2010 as a standalone project to impact local faith communities with education about mental health challenges. Mental health topics are often stigmatized in our society, and even more so within the church. In 2014 Love Life Ministries joined with Please Live to become the faith-based branch. Since then, Please Live's Love Life Ministries has been a vital part of spreading education and hope to churches, youth groups, and faith communities.

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

JOHN 10:10

WHAT WE DO

Our Love Life Ministries presentation is designed to be flexible to work with the unique dynamics of your church. To make a comprehensive impact, we break down an event into three pieces:

- 1 Staff Training:** Through our agency partnerships, we work with the church to provide an evidence-based mental health training to the church staff. This is open to any staff members or volunteer leaders.
- 2 Student Education:** We take over the youth group or regular weekly service to address mental health and what scripture has to say about it.
- 3 Health Fair:** We coordinate a mental health resource fair featuring local agencies where your church members can reach out for help.

OUR PROGRAM IS OFFERED FREE OF CHARGE

WHAT YOU LEARN

- What is a Mental Illness
- Stigma of Mental Health
- Signs of a Problem
- Bad Day vs Mental Illness
- Armor of God as it relates to Mental, Emotional, and
- Spiritual Battles
- What is Suicide
- How to Help a Friend
- PACE – Pray, Ask, Care, Escort
- Where to Get Help

LOVELIFE
letters

Our Love Life Letters program offers an easy way for anyone to receive encouragement. **We believe that hope is essential to making it through whatever trial you may be facing.** As Christians, it is our job to “bear one another’s burdens” (Galatians 6:2).

Simply visit our website at **lovelife.pleaselive.org** to sign up yourself or a loved one for encouragement.