

Mental Health Support

We understand that this is a difficult, uncertain time for all of us. We are praying for our church and our community that God would bring peace, comfort, and relational support to every individual. During such uncertainty, it is natural to experience a broad spectrum of emotions. Please know that you are not alone. If you are looking for someone to talk with and process through those feelings, please do not hesitate to utilize the resources listed below.

Resources for Extra Support

- Anchor Church partners with HopeWell Ministries, a counseling center that seeks to assist individuals and families to navigate difficulties with grace. You can find more information about the services offered by HopeWell on their [website](#) or by phone at (757) 333-1548.
- Liberating Lives, a local Christian counseling center in Norfolk, is offering both in office and video sessions during this time. If you are interested in more information, check out their [website](#) or contact them by phone at (757) 961-3255.
- Eden Counseling and Consulting in Norfolk is also offering teletherapy, and many Virginia residents are now eligible for insurance to cover these services. For more information, please visit their [website](#) or reach out by phone at (757) 466-3336.

Tips on How to Help Your Mental Health During a Quarantine

- Get dressed - Changing into a fresh set of clothes helps to jump start your motivation in the morning. Set your alarm for a consistent time, make your bed, and begin with your routine.
- Stick with a routine - If you're working from home, stick with your normal schedule whenever possible or create a consistent routine to help you stay motivated and active.
- Plan out your week - Set daily and weekly goals and activities for yourself. A combination of structure and variation creates stimulation and helps people stay settled.
- Go outside - A brief walk outside or even sitting in your backyard can help to clear your mind and bring solace and peace. Take that time to pray or journal.
- Be intentional - If you have extra time, don't drift through the weeks. Pick up something you've wanted to learn, try, or do. This is a great time to pour into other people, even through a phone call, text or video chat, and strengthen relationships.
- Pray and spend time in God's Word and with community - Shift your mindset with the Lord and enter your time with Him expectantly. Pray, offering Him your worries and cares. Share with others how you're doing and stay honest with how you're feeling.

