

Finding hope through a Catholic provider... Many people who experience depression or anxiety, grief, loss, or trauma find great relief through psychotherapy.

Licensed mental health providers in the State of Nebraska have both training in research-based techniques and experience in using them to help people address such symptoms and the circumstances, thoughts, and emotions that underly them. While some providers do specialize in treating severe or profound mental illness, most work with individuals who do not have such diagnoses, but rather, find themselves struggling with stressful life events. When we are in the midst of such stress it can be difficult to see our way out. Working with a provider provides a "third eye" - someone in our life who is not in the middle of what we are dealing with and can see from a new perspective.

When fear, isolation, or hopelessness are part of our struggle it is especially helpful to work with a provider who shares our faith and can offer insights from a faith perspective. There are Catholic providers who live and work throughout our diocese. Many maintain a connection with the diocese and are committed to approaching their work through a Catholic lens. To find a Catholic provider near or a national telehealth provider contact Healing Ministries at the Diocese of Grand Island at 308-382-6565, ext. 212.

Seek Help When Someone is:

Talking about...

- feelings of loneliness or despair.
- wanting to die or to kill oneself.
- feeling hopeless or having no reason to live.
- feeling trapped or in unbearable pain.
- being a burden to others.
- seeking revenge.

Exhibiting...

- excessive worry.
- trouble concentrating.
- anxiety or agitation.
- mood swings.
- rage.

Engaging in...

- reckless or impulsive behavior.
- too much or too little sleep.
- misuse of alcohol or drugs.
- isolation or withdrawal.

Not functioning like usual

Searching for weapons or other means of self-harm.

Posting overtly sad or negative messages / comments online.

Following / liking accounts that promote negative behaviors.

Liking posts or following accounts that promote negative behaviors.

Confidential Crisis Lines

SAMSHA Lifeline: 988

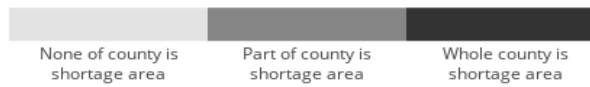
Boys Town National Hotline: 1-800-448-3000

The Upper Room Crisis Hotline: 1-888-808-8724



Access to Mental Health Care

November 24, 2024
Special Collection



Source: data.HRSA.gov, July 2022.

Your Special Collection Contribution Supports:

- Assistance in finding care.
- Access to Catholic providers.
- Payment Support
- Development of parish mentoring and support ministries.

Every county in the Diocese of Grand Island is identified as a *Health Professions Shortage area for Behavioral Health*. This designation comes from assessments by the Federal Office of Rural Health Policy and is based on statistics like the number of available providers per 100,00 residents and travel time to the nearest source of care. The United Health Foundation's 2021 Annual Report found that almost 17% of Nebraskans experienced symptoms of depression, 12% of adults reported frequent mental distress, and 13% of Nebraska's children faced two or more adverse childhood experiences, yet the number of mental health providers in the entire state is fewer than 2.9 per 1000 Nebraskans. Access to care within the Diocese of Grand Island is especially challenging with increased distance to care compared to more urban areas of the state. The Diocese of Grand Island is committed to improving access to mental health care. On **November 24, 2024** a special collection will be gathered to support access to mental health care within our diocese. Your donation will help provide assistance for individuals seeking care, increase access to Catholic providers, and develop local mental health ministry programs to offer mentoring and support.

For more information about this special collection, or to find support and healing contact Healing Ministries at the Diocese of Grand Island at 308-382-6565 ext 212 or go to: <https://www.gidiocese.org/healing-ministries>