



BereaCurby Presbyterian Church

5 TIPS IF YOU BELIEVE YOU ARE EXPERIENCING MENTAL HEALTH CHALLENGES

- Reach Out for Support - Talk to someone you trust about how you're feeling
- Seek Professional Help - Consider speaking to a mental health professional such as a therapist, counselor, or psychiatrist
- Practice Self-Care - Engage in activities that promote relaxation and well-being, such as exercise, meditation, or hobbies you enjoy.
- Set Realistic Goals - Break down larger tasks into smaller, manageable steps, and celebrate small achievements.
- Stay Informed - Educate yourself about mental health to understand your feelings better.



We are Here for You!

BereaCurby is here for you, providing unwavering support and guidance as you navigate your personal journey. We have created a nurturing environment where you can feel safe, accepted, and empowered to pursue your goals.

Remember, mental health challenges are common, and seeking help is a sign of strength.

Contact:

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What is Mental Health

Mental health encompasses our emotional, psychological, and social well-being. Various factors contribute to mental health issues, including:

- Biological factors, such as genetics or brain chemistry
- Life experiences, such as trauma or abuse
- A family history of mental health problems

How We Can Assist You in Your Time of Need



Pastoral Counseling

Guidance that incorporates faith and spiritual beliefs in the care provided.



Community Support

A community that offer emotional, social, and practical assistance for mental well-being.



Safe Environment

A setting that encourages individuals to express themselves freely without fear.



Holistic Healing

An approach that considers the whole person - mind, body, and spirit.



Committed Care

Dedicated to personalized treatment plans aimed at improving mental health and quality of life.

Recovery is Achievable

- Most individuals experiencing mental health challenges have the potential to improve significantly. Treatment and recovery are continuous journeys that unfold gradually. Taking the first step to seek help is crucial.
- Recovery is a transformative process whereby individuals:
 - Enhance their health and well-being
 - Lead a self-directed life
 - Strive to reach their fullest potential

